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ANYONE CAN COOK

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OF NEW WESTMINSTER

Advised and assisted by

The Cooking Department of
"The British Columbian"

№ 841616

Name .....

The entire proceeds from the sale of this book go to the local branch of the Canadian Arthritic and Rheumatism Society, whose furtherance and support is one of the projects of the New Westminster Business and Professional Women's Club.

The Business and Professional Women's Club was the first organization to support the formation of C.A. & R.S. in the Royal City, and in publishing this book members have joined in the drive to raise the necessary funds to finance this worthy public service. In purchasing this book you are participating directly in the fight against the scourge that has crippled thousands of Canadians.

a 578316

The day before the wedding the young bride cried on her grandmother's shoulder. "Oh, Granny," she moaned, "I can't marry him; I can't even cook, and he loves his food so."

"Now stop this nonsense," cackled Granny, "anyone can cook. Buy yourself a good cook book and he'll never know."

This book is designed to prove that Granny was right. Its publishers, the New Westminster Business and Professional Women's Club, have searched long and wide for recipes that will not only calm the fears of the young bride, but show the practiced cook how she can introduce variety into her daily menus. It contains not only practical and tested recipes, but many lesser known ones that will tickle the palates of the entire family.

The book could also be called "Everybody's Favorite," for in compiling it, the editors called on dozens of New Westminster housewives for contributions. To these kind people, and to the advertisers, whose assistance proved invaluable, they say thank you. They are truly grateful to The British Columbian, and its cooking department, for co-operation and for using the recipes in "Anyone Can Cook."

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Oct 1, 2014

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Table of Standard Measurements

Dash or few grains	**less than**	**⅛ teaspoon**
3 teaspoons		**1 tablespoon**
2 tablespoons		**⅛ cup**
4 tablespoons		**¼ cup**
5 tablespoons 1 teaspoon		**⅓ cup**
8 tablespoons		**½ cup**
10 tablespoons 2 teaspoons		**⅔ cup**
12 tablespoons		**¾ cup**
16 tablespoons		**1 cup**
2 cups		**1 pint**
4 cups or 2 pints		**1 quart**
4 quarts		**1 gallon**

All measurements are level and based on standard measuring spoons, cups, etc.

TEMPERATURE TERMS

SLOW OVEN— 275 to 325 degrees.
MODERATE OVEN—325 to 375 degrees.
MODERATELY HOT—375 to 400 degrees.
HOT OVEN—400 to 450 degrees.
VERY HOT OVEN—450 to 475 degrees.

SUBSTITUTE INGREDIENTS

1 square chocolate=2⅔ tablespoons cocoa+½ tablespoon shortening

1 cup pastry flour = ⅞ cup bread flour + 1 tablespoon liquid

1½ cups dried bread crumbs = 1 cup pastry flour

1 cup cake flour = 1 cup pastry flour less 1 tablespoon

1 tablespoon cornstarch = 2 tablespoons flour

1 teaspoon baking powder = ¼ teaspoon soda + ½ teaspoon cream of tartar

1 cup granulated sugar = 1 cup honey + ¼ to ½ teaspoon soda and and subtract 3 tablespoons liquid

1 cup milk = ½ cup evaporated milk + ½ cup water

1 cup milk = 4 tablespoons powdered milk + 1 cup water

1 cup sour milk = 1 tablespoon of lemon juice or vinegar plus 1 cup of sweet milk

1 cup pearl tapioca = ¾ cup quick cooking tapioca

1 cup butter or margarine = 1 cup shortening plus ¼ teaspoon salt

1 cup granulated sugar = 1½ cups brown sugar lightly packed

1 cup molasses = ½ cup sugar + ¼ cup liquid

1 egg = 2 tablespoons flour + ½ tablespoon shortening + ½ teaspoon baking powder and 2 tablespoons liquid.

NOTE: When substituting sour milk for sweet milk in flour mixtures, allow ½ teaspoon baking soda for each cup of sour milk and reduce baking powder to 1 level teaspoon per cup of flour.

When substituting sour milk for sweet milk in flour mixtures containig eggs, allow ½ teaspoon baking soda for each cup of sour milk and reduce baking powder by ½ teaspoon, for each egg used.

CONGRATULATIONS . . .

to

NEW WESTMINSTER'S

Business and Professional Women's Club

On your fine efforts on behalf of the Canadian Arthritic and Rheumatism Society fund.

MAYOR AND COUNCIL

City of New Westminster

. . . Soups . . .

BORSCH

By MRS. B. MIRONOFF

½ to 2 lb. briskett or shank with bone
2 to 2½ qt. water
Salt and whole pepper to taste
Laurel leaf, onion, parsley, dill, sliced carrot, potatoes, beets
1 cup sliced carrots
1 cup diced or sliced potato
2 cups shredded cabbage
1 cup sauer kraut (optional)
Tomatoes (raw or canned) catsup

Boil briskett and water with spices 2½ to 3 hours or until meat is tender. Skim off fat. Add vegetables, and boil until they are cooked. Before serving, add tomatoes or catsup.

CANNED TOMATO SOUP

By JANNETTE CARLYLE

1 crate tomatoes
1 bunch celery
1 bunch parsley
6 onions
6 cloves garlic

Boil together 2 hours. Strain and press pulp through sieve, then add:

½ cup sugar
½ cup salt
½ cup butter
1 cup flour
½ tsp. cayenne pepper

Boil up and bottle. To serve: Heat 1 cup soup with 2 cups milk.

CLAM CHOWDER

By MRS. G. HERRON

1 potato
1 carrot
1 onion
1 tin clams cut in small pieces
2 strips bacon
1 cup tomatoes

Cover diced vegetables with water and cook. Cool and add clams, tomatoes and 1 cup hot milk. Fry bacon and cut up small and add to soup. Season with pepper and salt to taste.

CORN CHOWDER

By MRS. S. FAIRWEATHER

¼ lb. bacon
1 small onion
2 cups diced parboiled potatoes
1 can corn, cream style
2 cups milk
1 tsp. salt
¼ tsp. pepper

Fry chopped up bacon until tender, add chopped onion and cook until brown, add potatoes and cook for five minutes more. Add corn, milk and seasoning. Heat to boiling point before serving.

CREAM OF CELERY SOUP

By N. BRIGGS

Celery cut and scraped to make 1½ pints
2½ cups milk
1 slice onion
1 tbsp. butter
1 tbsp. flour
½ cup whipped cream

Cook celery until very tender in a pint of water. Put through sieve, rubbing through as much celery as possible. Scald milk with onion. When milk is sufficiently flavored take out onion and add celery. Heat, then thicken with flour and butter. Add salt, pepper and a dash of paprika. Just before serving add whipped cream. Serve with crackers buttered and browned in oven.

DUCHESS SOUP

By EILEEN R. GILLEY

1½ cups chopped raw potatoes
½ cup chopped raw carrots
½ cup chopped raw celery
½ cup chopped onion
1 quart boiling water
1 pint boiling milk (more milk, if too thick)
2 tbsp. chopped parsley
1 tbsp. butter
1 tsp. salt
½ cup grated cheese

Cook all the vegetables in the boiling water until soft. Mash all together in the water. Heat the milk and add to the vegetable mixture. Add parsley, salt and butter. Sprinkle each soup plate with a small portion of grated nippy cheese, when ready to serve.

QUEEN VICTORIA'S FAVORITE SOUP

By MRS. N. H. McQUARRIE

1 cup cold baked chicken, chopped as fine as possible
1 pint chicken broth
1 cup sweet cream
Yolks of 3 hard boiled eggs mashed fine.

RHODA'S BONFIRE SPECIAL CLAM CHOWDER

By MRS. C. A. SYMMES

2 cups minced clams
3 tbsp. butter or diced salt pork
1 medium sized onion, minced
2 tbsp. flour
1 carrot, diced small
1 medium potato, diced small
1 tin tomato soup
1 cup water
2 cups milk
1 clove garlic (optional)
Salt and pepper to taste

Melt butter and then add minced onions. Fry together until nice and brown, then add clams. Thicken this mixture with flour, add soup, water and milk, then diced vegetables. Season to taste. Simmer for about one hour. Serves four.

TOMATO BOUILLON

By MRS. J. A. REID

1 can tomato juice

Dilute with equal amount water, 1 or 2 Oxo cubes dissolved in the water. Serve hot in cups or iced in glasses.

"Food without seasoning is like talk without reasoning."

. . . Salads . . .

Cranberry Pear Salad

1 envelope unflavored gelatine
¼ cup cold water
1 pound can whole or jellied cranberry sauce
1 or 2 fresh pears, cored, peeled, and diced
½ lemon, put through food chopper, rind and all
1 teaspoon powdered ginger.

Place gelatine in custard cup. Add cold water and let stand 2 minutes. Place custard cup in pan of boiling water until gelatine dissolves. If jellied cranberry sauce is used, crush with a fork. Stir dissolved gelatine into cranberry sauce. Add other ingredients. Chill until firm in salad mold. Serves 4 to 6.

CANNED FRUIT SALAD

By MRS. R. G. KELL

1 doz. pears.
1 doz. peaches
Green grapes
1 can pineapple
1 bottle cherries

Boil two cups sugar and two cups of water to syrup. Add pineapple juice or pure apple juice. Drop fruit into cooled syrup as peeled. Bring to boil for 3 minutes. Add cherries and bottle.

FROZEN FRUIT SALADS

By MRS. V. HOWARD CHADWICK

2 3-oz. pkg. cream cheese
1 cup mayonnaise
1 cup heavy cream, whipped
½ cup red maraschino cherries quartered
½ cup green cherries quartered
1 No. 2 can crushed pineapple drained
2½ cups diced marshmallows (about 24)

Combine cheese and mayonnaise, blended until smooth. Fold in whipped cream, fruit and marshmallows. Pour into 1 quart refrigerator tray. Freeze until firm. Serves 8 to 10.

So rich and good, it can be salad or dessert.

FRUIT SALAD

By MRS. ARTHUR DAVIS

3 apples
3 bananas
3 oranges
2 pears
Celery heart-small
1 can crushed pineapple
1 small can mixed fruits
Few nuts and dates chopped

CREAM MIXTURE

Pineapple and other juices from above. Juice one lemon.

1 tbsp. sugar
1 tbsp. flour
1 egg
½ pint whipping cream

Blend and cook until thick all but whipping cream. Cool. Whip cream and blend with cooked mixture. Fold in whipped cream and blend with fruit before serving. Serves 10 to 12.

HEARTY SALAD

By COLUMBIAN KITCHEN

baked beans
lettuce
raw onion rings
vinegar
mayonnaise

Arrange mound of beans on crisp lettuce. Add onion rings that have been soaked in vinegar. Top with mayonnaise.

ITALIAN DRESSING

By G. McG. APPLEBY

½ cup salad oil
½ cup vinegar
1 teaspoon white sugar
½ teaspoon mustard
⅓ teaspoon salt
cayenne
paprika
3 cloves
garlic sliced

Mix all together and leave with garlic marinating for a couple of hours. Lift out garlic before pouring on salad. Best with lettuce hearts and simple green salads.

MARSHMALLOW SALAD

By MRS. J. S. GIFFORD

Yolks of two eggs
Juice of one lemon
½ tsp. mustard
⅔ cup milk

Combine above ingredients and cook in top of double boiler until thick. When cool add: ½ pint whipping cream (stiffly whipped) 1 pkg. cut up marshmallows, 1 tin sliced pineapple cut in small pieces. Let stand 3 or 4 hours. Serve on lettuce and sprinkle with ground nuts, top with maraschino cherry. Serves 7.

PINK SALAD

By MRS. NAN FAREBROTHER

1 lemon jelly powder
½ cup cold water
1 can tomato soup
1½ cups chopped celery
1 green pepper, chopped
1 small onion, chopped
½ cup almonds, chopped
1 cup salad dressing
1 pkg. cream cheese

Soak jelly powder in ½ cup cold water. Heat tomato soup and add jelly powder to it. Stir until dissolved. Add celery, pepper, onion, almonds, salad dressing and cream cheese. Mix well, set in mould and chill over night. Serve on lettuce.

PINEAPPLE CHEESE SALAD-SWEET DRESSING

By P. I. MALCOLM

1 pkg. lemon jello or lime
2½ cups liquid
1 tablespoon vinegar
½ tsp. salt
1 cup celery (diced)
1 cup cheese (grated)
1 small tin pineapple (crushed)
½ pint whip cream (if desired)

For liquid use juice from pineapple and add water to make up 2½ cups. Dissolve jello in this (heated slightly). Add vinegar and salt and allow to partly set. Then stir in other ingredients, cream is not necessary. Use sweet salad dressing.

SWEET DRESSING

1 cup white sugar
2 rounded dessert spoons of flour
1 rounded teaspoon mustard
1 level teaspoon salt
1 sprinkle of pepper
3 eggs
⅜ cup vinegar and water to fill cup

Beat the 3 eggs. Blend sugar into egg mixture. Heat vinegar and water to boiling point, add to egg and sugar mixture. Pour over dry ingredients. Cook till mixture thickens. Add tablespoon of butter. Cool. When serving thin with top cream.

SLIMMERS' FRENCH DRESSING

CONTRIBUTED

1 can tomato soup
1½ cups mineral oil
½ cup vinegar
2 tablespoons ketchup
1 dessert spoonful Worcestershire sauce
1 tbsp. dry mustard
¼ cup sugar
Salt and pepper

Blend thoroughly and shake before using. Onion or garlic may be added if desired.

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SALAD DRESSING

By MRS. E. R. FREY

3 eggs (beat well)
¼ cup sugar (beat again)
½ tsp. salt

Take: 1 tsp. mustard, 1 tbsp. flour, ¾ cup water and mix to a smooth paste. Mix with first mixture. Add: ¼ cup vinegar and boil.

SWEET SALAD DRESSING

By MRS. R. HARPER

4 eggs beaten well
½ cup sugar
1 tsp. mustard
¼ cup vinegar
1 dash cayenne pepper

Combine above ingredients and cook in double boiler until thick, stirring constantly.

TOMATO ASPIC

CONTRIBUTED

1 can (No. 2) tomatoes
1 teaspoon salt
1 teaspoon sugar
1 bay leaf
4 whole cloves
1 tbsp. gelatine
¼ cup cold water

Boil first 5 ingredients 15 minutes and strain. Soak 1 tbsp. gelatine in ¼ cup cold water and add to the strained tomato. Stir until gelatine is dissolved. Pour into moulds.

UNDER-THE-SEA SALAD

By MRS. W. A. ROBERTSON

1 package lime flavored gelatine
1½ cups boiling water
½ cup juice from canned pears
¼ tsp. salt
1 tsp. vinegar
2 pkgs. (6 oz.) cream cheese
⅛ tsp. ginger
2 cups canned pears diced

Dissolve gelatine in boiling water. Add pear juice, salt and vinegar. Pour ½ inch layer of this gelatine mixture into loaf pan. Chill until firm. Chill remaining gelatine mixture until cold and syrupy. Whip with a rotary beater until fluffy and thick. Cream the cheese with the ginger. Fold into whipped gelatine gradually. Then fold in pears. Pour over firm first layer of gelatine. Chill until firm. Unmould. Serves ten.

WALDORF SALAD-BOILED DRESSING

By MRS. S. D. GREEN

3 apples
6 sticks celery
½ cup broken walnuts

Peel and dice apples. Chop celery. Mix together, adding nuts and dressing.

DRESSING

2 tbsp. white sugar
1 tsp. mustard
1 tbsp. flour
½ tsp. salt
1 dash cayenne
1 dash white pepper
2 eggs
8 tbsp. vinegar
1 tbsp. butter
1 cup boiling water

Blend dry ingredients. Add eggs. Place in double boiler and stir in boiling water. Cook till smooth. Add vinegar and butter.

Fish and Shellfish

BAKED HALIBUT WITH TOMATO SAUCE

By TREVA JOHNSTON

2 lb. halibut
Salt and pepper
2 cups tomato sauce or canned tomato soup

Wipe the slices of halibut with a damp cloth or paper and place in buttered baking dish. Pour the sauce or soup around the fish and cook in moderate oven 35 minutes.

DEVILLED CRAB

By MRS. E. M. WILDER

1 lb. fresh crab (flaked)
4 tbsp. lime (or lemon) juice
2 tsp. finely grated onion
1 tsp. black pepper
2 dashes tobasco
Salt

Marinate crab in lime or lemon juice, onion, pepper and tobasco. Season to taste with salt. Put this mixture into covered dish in the refrigerator for at least two hours.

2 tbsp. butter
2 tbsp. chopped onion
2 tbsp. chopped green pepper
1 small tomato chopped
½ clove crushed garlic
1 tbsp. chopped parsley
Dry mustard
Mace
Basil
2 tbsp. white wine
2 tbsp. fine breadcrumbs

Melt butter in a skillet and add onion, green pepper, tomato, garlic and parsley. Saute until vegetables are tender. Add generous pinch of dry mustard, a pinch each of mace and basil, white wine and breadcrumbs. Stir over low flame for about two minutes.
Mix the marinated crab with above mixture and heat, stirring well for about five minutes. Remove from heat, pack into individual ramekins or shells. Sprinkle with equal amounts of cracker crumbs and grated Parmesan, dot with butter and bake in modeum oven until top is browned—about five minutes.

FRIED OYSTERS

(Contributed)

1 pt. oysters
12 soda crackers
1 egg
½ doz. slices bacon
Salt, pepper, paprika

Drop oysters into beaten egg. Crush soda crackers to crumbs. Pour oysters in crumbs. Cook bacon. Remove from frying pan. Cook oysters in hot fat. Season with salt, pepper and paprika. Serve with buttered toast.

FISH SOUFFLE

By MRS. CLARENCE MacKINNON

2 tbsp. butter
3 tbsp. flour
½ cup scalded milk
½ tsp. salt
3 eggs—yolks
3 eggs—whites
2 cups cooked halibut
Cayenne pepper

Melt butter, add flour and when well mixed add gradually, scalded milk; then add salt, pepper and fish. Remove from fire; add yolks of eggs, beaten until lemon coloured; cool mixture and cut and fold in whites of eggs, beaten until stiff and dry. Turn unto buttered baking dish and bake 20 minutes in slow oven. Serve at once.

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HALIBUT A LA CREOLE

By MRS. J. G. DAVY

1 lb. halibut
1 cup tomatoes
½ cup water
1 tsp. sugar
1 slice onion
2 whole cloves
2 tbsp. butter
2 tbsp. flour
½ tsp. salt
Pepper

Cook tomatoes, water, onion, cloves and sugar together for 10 minutes. Melt butter and add flour and seasonings and stir until smooth. Add the tomato mixture to the flour mixture and cook 5 minutes. Strain. Prepare fish and put in casserole. Add half of the tomato mixture and bake until the fish separates from the bone easily. Baste every 10 minutes during baking. Serve on a platter with the remainder of the hot tomato sauce. Garnish with parsley.

NEW BRUNSWICK TUNA FISH PIE

By MRS. C. R. RIDEOUT

1 can tuna fish—flaked
1 can chicken gumbo soup
1 can peas
1 cup cooked diced carrots
1 cup cooked diced potatoes
3 cups hot water. Thicken with 2 tbsp. flour. The water from vegetables may be used for this.

Put all in greased casserole and cover top with small tea biscuits. Bake in fairly hot oven for 15 or 20 minutes.

OYSTER STEW

By MISS M. E. STEWART

1 pt. oysters
1 qt. milk
2 tbsp. flour
2 tbsp. butter
Salt and pepper to taste

Melt the butter, add flour and seasoning and the milk gradually, stirring constantly until it boils; add the oysters and allow them to cook until they are plump (about 5 minutes).
N.B.—For creamed oysters, use half cream and half milk.

SALMON CASSEROLE

By D. G. TAYLOR

1 can salmon
1 can creamed corn
1 large onion, fried brown
2 cups cold boiled rice
4 slices Canadian cheese
2 cups canned tomatoes

Put in layers in casserole. Sprinkle with cracker crumbs. Dot with extra cheese and butter. Bake and serve with baked potatoes.

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SALMON CHEESE LOAF

By MRS. K. R. MATHESON

1 egg
2 cups salmon
1 cup grated cheese
1 cup soft bread crumbs
1 tbsp. grated onion
1 tbsp. melted butter
½ tsp. salt
½ tsp. pepper

Beat egg till fluffy. Mix in salmon, cheese, crumbs, onion, butter and seasoning. Add juice from salmon and mix well. Bake 30 minutes in 350° oven.

SALMON CIRCLE LOAF

By MRS. LOUISE KAROWAY

2 cups salmon (cooked or canned)
1½ cups cooked tomatoes
1¾ cups bread crumbs
2 tbsp. butter
1 egg (well beaten)
Season to taste

Mix lightly with two forks. Bake in oven 450° about 20 minutes. Put buttered peas in centre, and beets around the platter.

SALMON LOAF

By MRS. R. REID

1 can salmon
1 cup bread crumbs
2 tbsp. melted butter
3 eggs
Pepper, salt and summer savory to taste

Beat all ingredients well; put in a butter mould and steam 1½ hours. Serve with cream sauce if desired.

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SALMON SALAD

(Contributed)

Use equal quantities of cold, flaked salmon and shredded cabbage. Season and add salad dressing. Garnish with sweet pickle.

SCALLOPED SALMON

By MRS. R. M. REID

1 can salmon
1 cup white sauce
1 cup bread or cracker crumbs

Take out all bones and skin from fish. Butter a baking dish. Put in a layer of fish, then a layer of buttered and seasoned crumbs, then a layer of fish, then crumbs. Pour the white sauce over; cover the top with buttered crumbs and brown in oven.

STURGEON STEAK

By G. McG. APPLEBY

4 one-inch steaks
3 tbsp. butter
Paprika
Pepper
Lemon slices

Soak steaks in very salty water for 2 hours. Dry. Place in hot frying pan in butter. Sprinkle with paprika. Brown well, then turn and season browned side. Squeeze lemon juice on fish before serving. The flavour is much improved by paprika.

TUNA AND CHIPS

By MRS. EDWARD LOWDEN

1 tbsp. butter
1 tin tuna fish
1 tin mushroom soup
1 cup frozen peas
1 large package potato chips

Heat butter in saucepan, add tuna, then mushroom soup stirring thoroughly. Cook peas and add to saucepan—warm mixture thoroughly. Roll chips very fine and sprinkle one-half package in bottom of buttered casserole. Add tuna mixture and cover with balance of chips. Heat in 350° oven for ¾ hour. Serve hot with salad.

TUNA CASSEROLE

By MRS. J. MEHL

1 can tuna fish
1 large can milk
1 can mushroom soup
Potato chips

Heat milk and soup lightly on stove. Place in casserole alternately, 1 layer flaked tuna, 1 layer potato chips, part of liquid. Continue, making the last layer of potato chips. Bake about one-half hour.

TUNA FISH PIE

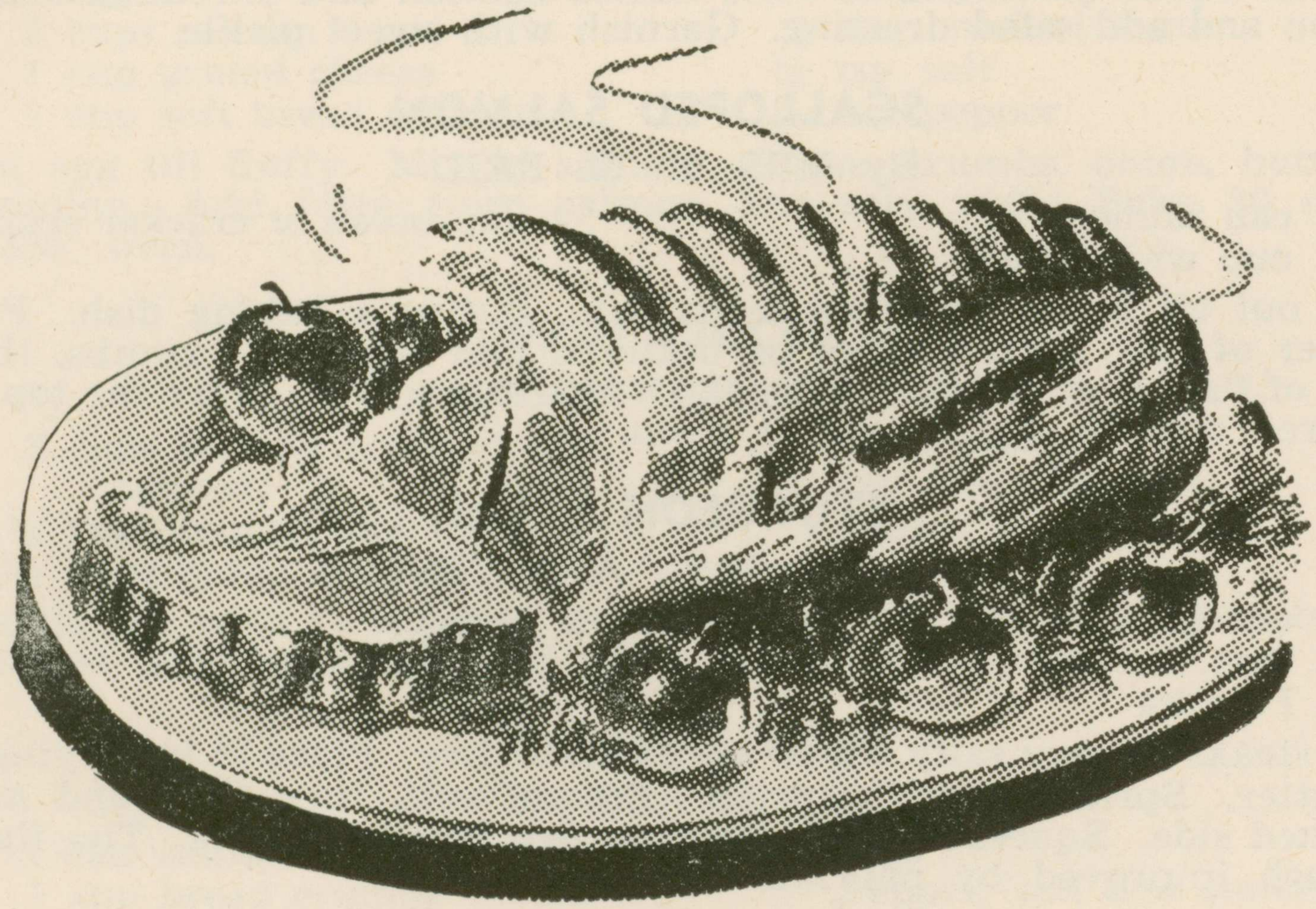
By MRS. H. C. BANFORD

1 large tin tuna fish
3 large potatoes
3 large carrots
1 small onion
1 cup peas
Salt and pepper
2 tbsp. butter
2 tbsp. flour
2 cups milk

Boil potatoes, carrots and onion together. When cooked add peas. Make a sauce of butter, flour and milk. When thick add the tuna fish, put in casserole all together and top with pie crust or small tea biscuits. Bake.

"He was a bold man who first swallowed an Oyster."—JAMES I

. . . Main Dishes . . .



Always use a measure
Never cook by guess
Then eating'll be a pleasure
And you'll never have a mess.

AMERICAN CHOP SUEY

By MRS. J. L. HIGGINBOTHAM

- 3 lb. boiling fowl, cut up in pieces and browned in fat
- 1 veal knuckle
- 4 cups uncooked spaghetti
- ½ cup rice
- ¼ cup finely shredded onion
- ¼ cup green pepper
- ¼ cup pimento (canned or fresh
- 1½ cups pitted ripe olives
- 2 cups Canadian creamed cheese

Boil together fowl and veal knuckle, salted to taste for 3 hours. Remove skin and bones from meat. Cook with other ingredients, except cheese, in broth. Add cheese just before serving. This can be prepared the day before, serves at least 12 people.

BARBECUED SPARE RIBS

By MRS. K. GREEN

- 3½ to 4 lb. spareribs
- 1½ tbsp. shortening
- 1 medium onion, chopped
- 1½ tbsp. vinegar
- 1½ tbsp. brown sugar
- ¾ cup ketchup
- ¾ cup water
- ½ tsp. salt
- 1½ tbsp. Worcestershire sauce
- 1½ tsp. dry mustard

Brown onion in shortening. Add remaining ingredients, except meat, and simmer 10 minutes. Pour sauce over spareribs, and bake in medium oven approximately 1 hour. Baste frequently.

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BONELESS BIRDS

By HELEN GRIMMER

1½ lb. round steak (cut thin)
3 tbsp. butter
4 slices bacon
1 grated onion
1 tbsp. browned flour
1 pint boiling water
Seasoning of salt and pepper

Pound steak and cut into pieces about 4 inches square. Lay on each square a small piece of bacon and some grated onion. Roll up and fasten with a few toothpicks or fine string. Melt butter, brown steak in it, then add the flour which has been browned, salt, pepper, and boiling water. Cover and simmer them about two hours. Remove toothpicks or string before serving.

BEEF UPSIDE-DOWN PIE

By MRS. L. GRIMMER

1½ cups flour
3 tsp. baking powder
1 tsp. salt
1 tsp. paprika
1 tsp. celery salt
¼ tsp. white pepper
5 tbsp. shortening
¾ cup milk
¼ cup sliced onion
1 can tomato soup
½ lb. ground raw beef

Sift together flour, baking powder, ½ tsp. salt, paprika, celery salt, and pepper. Add 3 tbsp. shortening and mix with fork. Add milk and stir until blended. Melt two remaining tbsp. shortening in 9-inch frying pan, and cook onions until soft. Add tomato soup, remaining ½ tsp. salt and ground meat; bring to boil. Spread baking powder mixture on top of meat mixture, and bake in hot oven at 475 degrees for about 20 minutes. Turn upside down on large plate.

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BARBECUED PORK CHOPS

By MRS. GORDON JAMES

8 lean pork chops
½ cup ketchup
1 tsp. salt
1 tsp. celery seed
½ tsp. nutmeg
⅓ cup water
1 bay leaf

Brown chops in hot fat. Pour over combined remaining ingredients. Cover and bake in moderate oven (350) for 1½ hours.

CANADIAN STYLE VEAL

1 lb. veal steak
1 small onion diced
½ lb. fresh mushrooms
1 can mushroom soup
½ cup diced carrots
½ tsp. sugar
1 tbsp. butter
1 egg
Bread crumbs

Cut veal into serving pieces. Roll in egg and bread crumbs. Brown the pieces in a skillet in butter. Add the remaining ingredients and simmer for one hour.

Serve with cooked rice and grated cheese.

CHEESE FONDUE

By N. BRIGGS

1 cup milk
1 cup stale bread crumbs
1 cup grated cheese
1 tbsp. butter
½ tsp. salt
3 eggs

Soak crumbs in milk. Add cheese, butter and salt; to this add well beaten egg yolks. Fold in egg whites beaten stiff. Put in buttered dish in a pan of hot water. Cook 25 minutes, 325 degrees.

CHEESE SOUFFLE

By CORA E. PASMORE

3 tbsp. butter
3 tbsp. flour
½ tsp. salt
Few grains cayenne
1 cup milk

Melt butter, add flour gradually and stir over moderate heat for 3 minutes after mixture begins to bubble. Add salt and cayenne. Stir in milk gradually. Cook over direct heat, stirring constantly, until mixture is smooth and thick.

3 egg yolks (beaten until thick and lemon colored)
3 egg whites (beaten stiff)
1 cup grated cheese

Remove sauce from stove and when slightly cool add egg yolks and cheese. Fold in egg white. Pour into ungreased baking dish. Set dish in pan containing 1 inch of water. Bake in moderate oven (350°) 50-60 minutes. To test insert sharp knife in center and the knife should come out clean. Serve immediately. Serves four.

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CHEESE SOUFFLE

By EILEEN R. GILLEY

Melt 4 tbsp. butter. Blend in 4 tbsp. flour. Add gradually and cook until thick:

1 cup milk
1 cup grated cheese
1 tsp. salt
⅛ tsp. pepper
4 egg whites—beat until they stand in peaks
4 egg yolks—beat until thick and lemon colored

To egg yolks add cheese mixture and carefully fold into beaten egg whites. Turn into 8-inch casserole. Set in dish of steaming (not boiling) water and cook in moderate oven, 350 degrees, about 45 minutes. Serves six.

CHICKEN ON A BUN

By MRS. A. HUNTER

2 diced cooked chicken
1½ cups chopped celery
⅓ cup chopped sweet pickle
⅔ cup mayonnaise or salad dressing
Salt and pepper

Combine all ingredients and spread on 8 toasted bun halves. Sprinkle with grated cheese, dot with chili sauce. Place in broiler or oven to melt cheese.

CHILI CON CARNE

By MRS. R. W. ROSS

1½ lbs. ground beef, made into into pats and fry until brown
Cook 1 package of macaroni tit bits in boiling water and drain
Fry 5 medium onions cut in rings

Combine the above and add:
½ tin peas drained
1 tin tomatoes
1 tin tomato soup
Black pepper, cayenne, paprika and salt, or flavor to taste

COLD LOAF

By MRS. J. T. LAWSON

2 lbs. lean meat (shoulder beef)
1 cup bread crumbs
½ lb. smoked ham
2 eggs (1 egg if economy is desired)
Pepper and salt to taste

Mince beef and ham. Mix well with crumbs, eggs and seasoning. Put in loaf tin or mixing bowl. Tie paper or foil over the top of the bowl. Steam or cook in oven for 2 hours or pressure cooker ½ hour. Remove paper and pour off grease. Cool and slice thinly or serve hot if desired. A handy meat loaf to keep in the fridge for cold plates, dinners or sandwiches.

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DEVILLED HOT DOGS

By MRS. W. R. BALLANTYNE

1 lb. weiners
4 tbsp. butter or salad oil
1 cup finely chopped onion
2 cloves of garlic minced
½ tsp. salt
⅛ tsp. pepper
1½ tbsp. Worcester sauce
1½ tbsp. prepared mustard
1½ tsp. sugar
½ cup chili sauce

Cook onion and garlic in fat over low heat until tender, stirring frequently. Add remaining ingredients, except weiners. Continue cooking until flavors are blended (about five minutes). Split weiners lengthwise and put split side up in shallow pan. Spoon sauce over dogs. Heat under broiler, or in oven. Serve piping hot.

May be served with hot vegetables or with buns and potato salad.
A favorite Saturday night dish!

HAM ASPARAGUS

By MRS. B. S. MACDONALD

Allow two thin slices of cooked ham for each person. Roll 3 or 4 asparagus tips in ham and place side by side in greased baking dish. Cover with cheese sauce and brown in hot oven.
An excellent way to finish up a baked ham.

Cheese Sauce

2 tbsp. fat
2 tbsp. flour
½ tsp. salt
1 cup milk
Pepper, paprika
¼ cup grated cheese

Melt fat in saucepan. Blend in flour and seasonings. Add milk slowly. Cook and stir until thick, about three minutes. Add grated cheese and keep warm in double boiler. Chopped onions or green peppers are tasty additions.

ITALIAN STYLE SPAGHETTI

By MRS. A. STRANGE

2 lbs. spaghetti
1 stewing chicken, approx. 3 lbs. or
½ lb. stewing beef and ½ lb. pork
Garlic
Salt
Black pepper
Parsley
2 tbsp. tomato paste
½ tin tomatoes
¼ small onion

Cut up the chicken or meat. Brown in fat. Cover with water. Add chopped onion, garlic clove, pepper, salt and parsley. Stew for 20 minutes. Add 2 tbsp. tomato paste and ½ tin tomatoes. Cook well for two hours and thin with a little water, if necessary.
Cook 2 lbs. spaghetti in salted boiling water. Drain. Place on platter. Pour sauce on spaghetti and serve.

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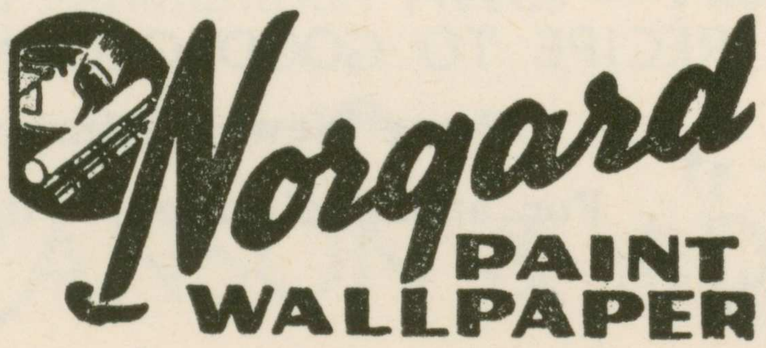

PHONE 3476

406 Columbia Street at Fourth Street, New Westminster

ITALIAN MEAT BALLS AND SPAGHETTI

By MRS. E. M. WILDER

MEATBALLS:

Meatballs

1 lb. chopped beef
1 clove garlic
1 tsp. pepper
Pinch mace
2 eggs
3 ozs. olive oil
3 tbsp. grated Parmesan
½ tsp. dry mustard
1 tsp. Worcestershire
¼ cup chopped onion
3 ozs. dry red wine
2 tbsp. parsley
1 tsp. salt
1 cup breadcrumbs
¼ cup green pepper
Flour

SAUCE:

3 tbsp. olive oil
2 onions
1 clove garlic
½ tsp. basil
½ tsp. oregano
1 large can tomatoes
Salt, pepper
½ tsp sugar

SPAGHETTI:

1 8 oz. package thin spaghetti
Salt, parmesan cheese
Boiling water

Make sauce first. Fry onions, sliced and minced clove of garlic in olive oil for about 5 minutes. Add basil and oregano. To this add strained tomatoes and let simmer for 45 minutes. Stir frequently, and when thickened add seasonings of salt, pepper and sugar. Let simmer 15 minutes more. While sauce is cooking, mix all ingredients for meatballs; shape into balls about the size of an egg and roll in flour. Fry in olive oil for about ten minutes, or until golden brown. Just before you start frying the meatballs cook the spaghetti in a large pot of slightly salted boiling water. Cook for twelve minutes. Drain the spaghetti, pour tomato sauce over it, sprinkle with freshly grated Parmesan or Romano cheese, mix thoroughly and put on a hot platter. Nest the meatballs over the spaghetti and serve.

LEFTOVER MEAT AND KIDNEY PIE

By MRS. J. B. GREGORY

Cut cold cooked meat in small pieces also kidney which has previously been soaked in salted water for a half an hour. Put in pot, add one large onion or two medium sized ones. Salt and pepper to taste and any left-over gravy you may have on hand. Cover with hot water and cook slowly for one hour or until the kidney is tender. Thicken gravy. Put meat in baking dish, cover with pie crust or a rich biscuit dough and bake in oven 375 degrees until crust is cooked.

LUNCHEON CASSEROLE

By MRS. D. A. T. COOPER

3 tbsp. butter
½ cup chopped onion
2 tbsp. flour
1 can chicken noodle soup
½ tsp. salt
⅛ tsp. pepper
¼ tsp. dry mustard
½ tbsp. vinegar
6 diced hard cooked eggs
1 tbsp. chopped parsley
4 tbsp. bread crumbs

MACKENZIE CAMP SPECIAL

By MRS. K. G. MacKENZIE

1 8-oz. pkg. spaghetti
3 small stalks celery
1 can tomato soup
1 lb. minced beef
2 onions
1 tbsp. butter

Cook spaghetti. Brown sliced onion and celery in butter. Brown beef. Mix together and put in casserole. Pour over all tomato soup and equal amount of water, salt and pepper and bake ¾ hour. Serves 8.

MACARONI CASSEROLE

By MRS. J. L. BARGE

1 cup macaroni (2" pieces)
1½ cups scalded milk
1 cup soft bread crumbs
¼ cup melted butter
2 pimientoes chopped (optional)
1 tbsp. chopped parsley
1½ tbsp. chopped onion
1½ cups cheese (½ pound)
⅜ tsp. salt
⅛ tsp. pepper
Dash paprika
3 eggs

Cook macaroni in boiling salted water; blanch in cold water; drain. Pour scalding milk over bread crumbs. Add butter, pimento, onion, grated cheese and seasonings; then add well beaten eggs Put macaroni in well greased casserole and pour milk and cheese mixture over. Bake about 50 minutes in moderate oven, until firm.

MACARONI AND CHEESE

By MRS. R. DURAND

3 cups ready-cut macaroni
2 tbsp. butter
Pepper and salt
3 cups Gruyere cheese (or Swiss Ementhal — white cheese with the large holes). Buy this in the piece.

Grate cheese, not too fine. Cook macaroni in fast boiling water, salted, until tender. Drain in a sieve. Slightly butter deep pyrex dish. Place in a layer of macaroni then a layer of cheese, ending with the cheese. Between each layer dot with butter and a dash of salt and pepper. Cook in oven 350, cover with a pyrex lid or pie dish, if you require the top crisp remove top few minutes before meal. Takes about an hour.

MEAT LOAF

By MRS. A. W. BOWLES

1 lb. ground beef
½ lb. smoked ham (butt) or
¾ lb. sausage meat
1 can tomato soup
1 egg
1 cup milk
1 doz. crackers
1 med. onion

Mix ground meat, chopped onion and seasoning together. Mix ½ tomato soup with this. Beat egg and milk together and add. Add rolled cracker crumbs. Mix and put in greased loaf pan in 350 degree oven covered for 45 minutes. Then add balance of soup over top. Reduce heat to 325 degrees and cook 30 minutes. This loaf may be baked earlier and reheated.

PINEAPPLE GLAZED HAM LOAF

By MRS. ARTHUR DAVIS

1 lb. ground ham
1 lb. ground beef
1 cup uncooked oatmeal
1½ cups Carnation milk
½ tsp. salt
⅛ tsp. pepper
4 or 5 canned pineapple half-slices
¼ cup brown sugar (firmly packed)
1 tsp. dry mustard
2 tbsp. vinegar

Combine meat, oatmeal, milk, salt and pepper. Pat into a loaf shape in shallow baking dish. Arrange pineapple half-slices on top of loaf. Bake in moderate oven 350-375 degrees for 1 hour. Mix sugar, mustard and vinegar, and pour over top. Return to oven and bake ½ hour longer, basting occasionally. Let stand in warm place 15 minutes to absorb the meat juices. Serves 8-10.

PICKLE 'N HAM ROLLS

By MRS. EDWARD LOWDEN

2 cups finely chopped cooked ham
1 cup finely diced celery
¼ cup finely chopped sweet cucumber pickles
½ cup mayonnaise
Salt and pepper
Whole sweet pickle slices
8 finger rolls

Mix together the ham, celery, chopped sweet pickle, and mayonnaise. Add salt and pepper to taste. With a sharp knife hollow out rolls to make place for filling. Heap each roll with filling. Cut whole pickle slices into thirds and place point down along filling.

PORK CHOPS-CHICKEN STYLE

By MRS. IVAN C. HAMBLY

6 pork chops
Salt, pepper, flour
1 tsp. sage
1 can mushroom soup

Wipe the chops and rub them well with salt, pepper and sage. Dip each in flour and brown in hot, melted shortening. Lift carefully into shallow baking dish and pour can of mushroom soup over them. Cover and bake in 350 degree oven about one hour or until chops are very tender and moisture almost absorbed. Add a little water from time to time if needed. Serve with sweet potatoes or baked apples.

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PULSIFER MEAT LOAF

By MRS. PULSIFER

1 lb. minced beef
1 small onion (chopped)
2 large sticks celery (chopped)
½ cup bread crumbs
1 can mushroom soup
½ tsp. salt
¼ tsp. pepper

Mix and bake 1 hour in 350 degree oven.

QUICK MEAT LOAF

By MRS. M. E. STEVENSON

1 lb. minced beef
2 eggs (beaten)
1 cup bread crumbs
¾ cup corn flakes (finely crushed
½ tsp. poultry dressing
½ cup finely chopped onion
1 cup canned tomatoes or ½ cup tomato soup
Salt and pepper to taste

Mix together and bake in loaf pan about 45 minutes at 375 degrees.

RAVIOLI

By MRS. A. STRANGE

FILLING:

2 lbs. minced pork and veal mixed
Few leaves fresh parsley or sprinkle dry parsley
Small clove garlic
Black pepper
4 cups bread crumbs
½ cup finely chopped celery
1 cup chopped fresh mushrooms
3 eggs
½ cup grated Romano cheese
Salt to taste

Mix above all together

DOUGH:

6 cups flour
3 eggs
Pinch of salt

Water enough so that dough will hold together. Knead it well. Roll out till very thin. Place one small tablespoon of meat filling about 1½ inches apart. Turn dough over and cut in squares. Press each ravioli around with a fork. Put in salted boiling water and boil for 20 minutes. Drain. Pour sauce over ravioli and serve.

Use same sauce as on Mrs. A. Strange's Spaghetti recipe.

ROAST CHICKEN

By BERTHA M. SCOTT

Wash and dry roasting chicken in preparation for stuffing.

PARSLEY CHICKEN DRESSING:

¾ loaf or whole loaf day old bread, crumbled
1 tbsp. butter
1 tsp. chopped dried parsley or 2 tsp. chopped fresh parsley
½ tsp. salt
¼ tsp. pepper
1 egg, beaten
½ cup water

Thoroughly crumble bread. Combine all dry ingredients, and butter. Add beaten egg and water last. Stuff chicken. Use skewers or sew up with fine string. Tie legs and fold wings under breast. Brush with melted fat or salad oil. Roast in moderate oven 325 degrees, turning chicken after ½ total roasting time. Baste with pan drippings.

Cook 3½ lb. chicken 40-45 minutes per lb.
Cook 4-5 lb. chicken 35-40 minutes per lb.
Cook 6 lb. chicken 30-35 minutes per lb.

STUFFED MEAT LOAF

By BERTHA J. BOWELL

1½ lbs. round steak, ground
1 egg well beaten
½ cup milk
1½ tsp. salt
¼ tsp. pepper
1 tbsp. Worcestershire sauce
1 cup soft bread crumbs
½ tsp. sage
1 tbsp. grated onion
4 tbsp. melted fat

Combine meat, beaten egg, milk, 1 tsp. salt, ⅛ tsp. pepper and Worcestershire sauce. Line the bottom and sides of a loaf pan with this mixture. Make a stuffing by combining bread crumbs, ½ tsp. salt, ½ tsp. sage, ⅛ tsp. pepper, grated onion and melted fat. Fill center of pan with this mixture. Cover top with more of the meat mixture. Cook in oven for 1 hour.

SAUSAGE AND RICE MIX

By MRS. J. DRAKE, Los Angeles.

Boil about ½ cup well washed rice in 1 can of tomatoes until tender. Then pour over sausages which have been lightly browned. Pop in oven at 350 degrees and bake for half an hour.

TAGLERANO

By MRS. BILL REA

1 tbsp. cooking oil
1 chopped onion
2 lbs. ground round steak browned together.
2 cans tomato sauce
1 cup tomatoes
1 lb. nippy cheese—add half
1 cup of pitted ripe olives, whole

Cook together:
1 lb. small noodles
2 cups consomme
1 clove garlic, if desired
Salt and pepper

Combine all together. Sprinkle with remaining cheese. Cook half hour at moderate temperature.

TOMATO CRISSCROSS

By MRS. E. M. PATCHELL

Cross 2 long slices of bacon. At intersection place slice of firm, ripe tomato. Spread with grated onion. Top with thin hamburger patty, grated onion and another tomato slice. Fasten bacon slices over top with toothpick. Broil slowly in preheated broiler until bacon is crisp. Serve between halves of buns.

WILD DUCK OR PHEASANT

By MRS. S. DAVIES

Clean fowl. Then soak in cold water with a tablespoon or so of salt for about an hour. Take bird out and let it drain for 10 or 15 minutes. Dry inside and out. Put dressing in and sew it up.

DRESSING:
Bread crumbs, a bit of salt and pepper, a sprinkle of sage. An onion cut fine. Break an egg and mix it in well. If too dry put boiling water in (a very small amount). Judge your dressing by how many ducks you have and how big they are.

Put roaster on top of stove with fat in. Let it get very hot. Put ducks in. Put lid on roaster and put it in the oven for two hours in 325 to 350 degrees. Baste them from time to time. Turn ducks over so they will brown on both sides. Take lid off for the last half hour or so. If a fork will go easily into the breast of the duck, it is done. Ducks and pheasants may be cooked together, in the same manner.

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CORN FRITTERS

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1 can (creamed style) corn
1 cup flour
2 tbsp. butter or
½ butter and ½ shortening
3 tbsp. milk
½ tsp. baking powder
1 egg
1 tsp. salt
¼ tsp. pepper

Mix well together and fry in hot fat in small cakes till golden brown

POTATO CAKES

By MRS. T. ASKEW

4 cups flour
1 tsp. salt
¾ lb. lard
6 cups mashed potatoes

Rub flour, salt and lard together as for pastry. Add mashed potatoes. Mix and roll out as for pastry, about ¼ in. thick. Cut in strips about 2" by 3". Brush top with milk. Bake in good hot oven about 15 or 20 minutes until light brown. Spread with butter and serve hot.

SAVOURY PUDDING

CONTRIBUTED

2 cups flour
1 cup suet
1½ tsp. baking powder
½ tsp. mixed herbs (sage and thyme)
2 tsp. chopped onions
2 tsp. chopped parsley

Enough cold water to make a stiff dough. Form into a roll and tie up in a greased pudding cloth. Steam 1½ hours. Serve with hot gravy. on both sides.

SWEET POTATO CASSEROLE

By MRS. H. C. BANFORD

Boil about six sweet potatoes and mash them. Add:

3 tbsp. butter
½ tsp. salt
Juice of 1 orange
Beat until light and fluffy

Add 1 cup crushed pineapple. Put into greased casserole and top with four marshmallows cut in halves. Bake in moderate oven about 25 minutes.

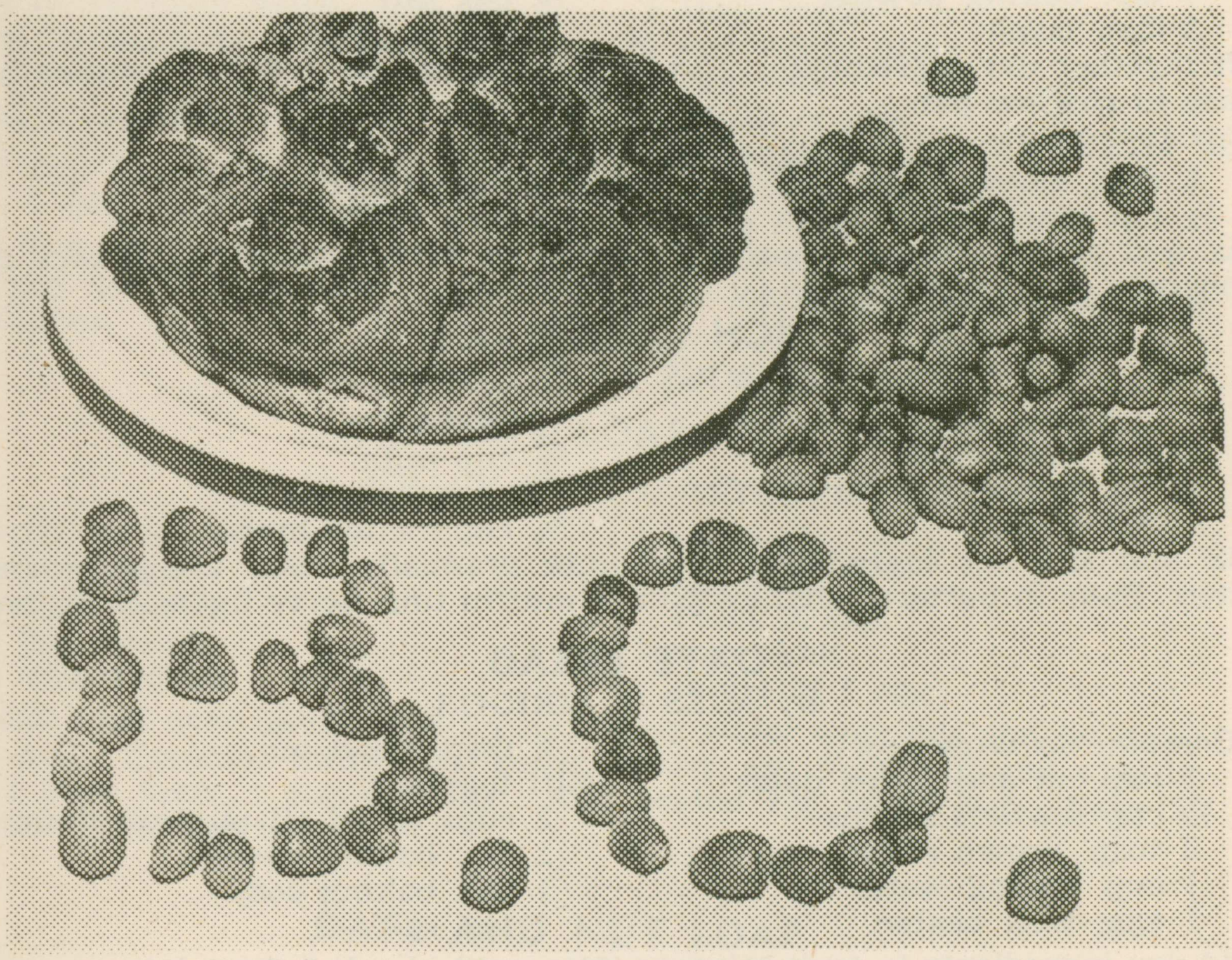
YORKSHIRE PUDDING

By COLUMBIAN KITCHEN

2 eggs
1 cup milk
2 tbsp. flour
Salt
½ tsp. baking powder
Black pepper
Fat from roast beef

Beat eggs until yellow and thick. Add milk. Sift in flour with salt and baking powder. Pour fat into pyrex cake dish and put into oven until smoking hot. Pour in pudding and cook 10 minutes. Should be made at last minute and carried to the table from the oven.

Bread and Buns



BANANA LOAF

CONTRIBUTED

¼ cup shortening
¾ cup sugar
1 egg, beaten
(Cream above)
⅔ cup mashed bananas
(2 bananas)
2 cups flour
½ tsp. soda
¼ tsp. salt
3 tbsp. sour milk
½ cup chopped walnuts

Bake in loaf tin for 1 hour in moderate oven.

BRAN MUFFINS

By MRS. E. GREENWOOD

1 cup white flour
1 cup bran
1 egg
1 cup brown sugar
1 tsp. baking powder
1 tsp. soda
1 pinch salt
2 tbsp. melted butter
¾ cup milk
¾ cup chopped dates

Combine and bake 20 minutes at 375 degrees.

DATE LOAF

By MRS. G. HERRON

1½ cup dates
1 cup sugar
1½ cup flour
2 eggs
1 tsp. soda
1 cup boiling water
1 tsp. vanilla
4 tbsp. butter

Stone and cut up dates. Mix soda in water and pour on dates. Sprinkle flour into this and add vanilla. In separate dish mix butter, sugar, and eggs. Mix together. Cook slowly—about 1 hour at 325 to 350 degrees.

PLAIN COFFEE CAKE

CONTRIBUTED

2 cups flour
4 tsp. baking powder
3 tbsp. sugar
3 tbsp. shortening
½ tsp. salt
1 cup milk

Sift together dry ingredients. Cut in shortening and add milk gradually. Place in shallow pan.

TOP MIXTURE:

3 tbsp. flour
½ tsp. cinnamon
3 tbsp. sugar
3 tbsp. butter

Mix and rub in butter. Sprinkle on top of cake. Bake 30 minutes in moderate oven 375 degrees.

RICH CORN CAKE

By MISS N. BRIGGS

1 cup corn meal
1 cup white flour
4 tsp. baking powder
¼ cup sugar
½ tsp. salt
⅞ cup milk
2 eggs well beaten
¼ cup melted butter

Mix and sift dry ingredients. Add milk gradually, then add eggs and butter. Bake in buttered shallow pan or muffin tins. Serve hot with butter

DATE BREAD

By MISS N. BRIGGS

Combine in large bowl:
1 cup cut and pitted dates
½ cup seedless raisins
3 tbsp. brown sugar
1 cup boiling water
1 egg, well beaten
2 tbsp. salad oil

Sift together:
2 cups sifted all-purpose flour
2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt

Add dry ingredients to fruit mixture. Stir until blended. Pour into greased loaf pan 9 x 5 x 3. Bake 50 minutes at 350 degrees.

DATE LOAF

By MRS. J. G. ROBSON

1 cup chopped dates
1 tsp. soda
1 cup boiling water
1 tbsp. butter
¼ tsp. salt
1 egg, unbeaten
1½ cups pastry flour
¾ cup brown sugar
½ cup walnuts

Pour boiling water over dates then add butter, soda, sugar and unbeaten egg. Add flour sifted together with salt. Add walnuts. Pour in well greased bread pan and bake in moderately slow oven 1 to 1¼ hours.

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DATE LOAF

By MRS. B. A. HAMBLY

1 lb. chopped dates
1tsp. baking soda—sprinkled over dates

Cream together

1 cup boiling water—poured over dates and soda

Let stand until cool.

1 tbsp. butter
¾ cup white sugar
1 egg yolk
Pinch of salt
1tsp. vanilla

Combine above, then add:

2 cups flour
1 cup walnuts

Beat egg white and add to mixture. Bake in loaf pan at 350 degrees for 50 minutes.

DATE LOAF

By GRACE FEATHERSTONE

1 lb. dates
¾ cup sugar
1 tbsp. butter
1 tsp. vanilla
1 cup walnuts
1 tsp. soda
1 egg yolk
Pinch of salt
2 cups flour
White of 1 egg

Sprinkle soda over dates. Put 1 cup boiling water over this and let stand until cool. Combine dates with sugar, butter, egg yolk, salt and vanilla. Add 2 cups flour, 1 cup walnuts. Add beaten egg white last. Bake 50 minutes at 325 degrees.

DATE AND NUT LOAF

By MRS. W. M. HILL

¾ cup shortening (half and half)
1½ cups brown sugar
2 eggs
½ tsp. salt
2 cups flour
½ cup chopped nuts
1½ cups chopped dates
1 cup boiling water
1 tsp. vanilla
1 tsp. soda

Cream sugar and shortening. Add beaten egg yolks and vanilla. Sift flour, soda and salt. Add ½ to sugar mixture. Add dates and nuts. Add boiling water, then add remaining flour mixture. Fold in stiffly beaten egg whites. This makes a thin batter. Do not add more flour. Bake in a loaf pan about 13 inches long and 3 inches deep for 1 hour at 325 degrees.

FRUIT SANDWICH LOAF

By MRS. FLORENCE M. HAND

2 cups flour
3 tsp. baking powder
1 small tsp. salt
¼ tsp. mace
½ cup sugar
4 tbsp. shortening
1 cup raisins
½ cup currants
½ cup chopped walnuts or other fruit
1 egg
1 tsp. vanilla

Sift flour, baking powder, salt and mace together, then add sugar. Put in shortening and mix well. Add raisins, currants and walnuts or other fruit.

Break 1 egg in cup. Beat well; add tsp. vanilla. Fill cup with milk. Combine with fruit and flour mixture. Let rise 15 minutes. Bake 1 hour at 350 degrees.

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ITALIAN EASTER BREAD

By MRS. A. STRANGE

1½ Fleshmans Yeast
7 lbs. flour
7 eggs
1 cup shortening
½ cup sugar
¼cup salt

Mix above ingredients with warm milk or water as you would bread. Let mixture stand for 3 hours (by this time should be double in size). Keep warm. Knead lightly. Put in pans and let stand again for one hour or so. Bake at 325 degrees.

MUFFINS

By MRS. A. F. DAY

1 lb. flour
1 oz. lard or butter
1 tbsp. sugar
½ pt. sweet milk
1 tsp. salt

Mix flour, salt and sugar well. Rub in butter. Make into dough quickly. Add milk gently till dough is moderately soft. Roll out on board till ½ inch thick. Cut out small circles and place at once in hot oven. Bake 5 to 10 minutes.

NAN'S BUNS

By NAN FAREBROTHER

1½ cups warm milk in
1 yeast cake or pkg.
1 tbsp. granulated sugar
1 egg white
2 egg yolks
Enough bread flour to make soft dough

Let mixture rise for one hour. Take 1 tbsp. at a time. Work with fingers and flour into flat cakes. Dent in center and put in cherry or jam. Cover with crumbs made by mixing 2 tbsp. icing sugar, 1 tbsp. butter, 2 tbsp. flour. Let this rise for 20 minutes. Bake for 15 minutes at 400 degrees.

ORANGE LOAF

By MRS. KENNETH MacGOWAN

1 orange, juice and grated rind
Sugar
1 egg
Milk
2 cups flour
3 tsp. baking powder
¼ tsp. salt

Place grated rind and juice of one orange in a cup and fill with white sugar (use ½ cup juice). Beat 1 egg and add enough milk to make 1 cup. Combine these two mixtures and add flour sifted with baking powder, and salt. Put in loaf tin, let stand for 20 minutes. Bake in slow oven (300-325 degrees) for 30 minutes.

RYE BREAD

By MRS. K. G. LEGGE

2 cups rye flour
2 cups boiling water
1 yeast
3 tsp. salt
½ cup golden syrup
1 tsp. seed (Anise) or
2 tbsp. shortening

Pour boiling water over rye flour and let cool to luke warm. Add the yeast, salt and syrup. Knead until smooth and elastic. Place in greased bowl, cover. Let rise until double in bulk. Mould into loaves and let rise again until double in bulk. Bake for one hour in oven 350 degrees.

RAISIN BUNS

By MRS. E. R. LATTA

1¼ cups raisins	1 tsp. soda
½ cup water	1 tsp. nutmeg
½ cup shortening	1½ cups flour
¾ cup brown sugar	1 egg

Boil raisins in water slowly for 20 minutes. Add shortening, sugar and other ingredients. Bake 20 minutes in oven 375 degrees.

WHITE BREAD

CONTRIBUTED

2 yeast cakes	1 tbsp. shortening
½ cup warm water	4 tbsp. sugar
2 tsp. sugar	4 cups milk (scalded)
1tbsp. salt	12 cups flour

Add yeast to 2 tsp. sugar and ½ cup lukewarm water. Let stand for 5 minutes. Add sugar, salt and shortening to milk and cool to lukewarm. Add yeast and ½ the flour. Beat well. Add enough flour to make stiff dough. Knead again and let rise. Shape in loaves and let rise once more. Bake at 400 degrees for ten minutes. Reduce temp. to 375 degrees for 35 minutes.

SCONES

CONTRIBUTED

3 cups flour	1 egg
½ cup sugar (or less)	2 tsp. baking powder
1 cup butter	¼ tsp. salt

Rub ingredients together and add enough sweet milk to roll out. Cut in rounds size of tea plate (then divide). Bake 12 to 15 minutes in oven 450 degrees.

———————//////———————

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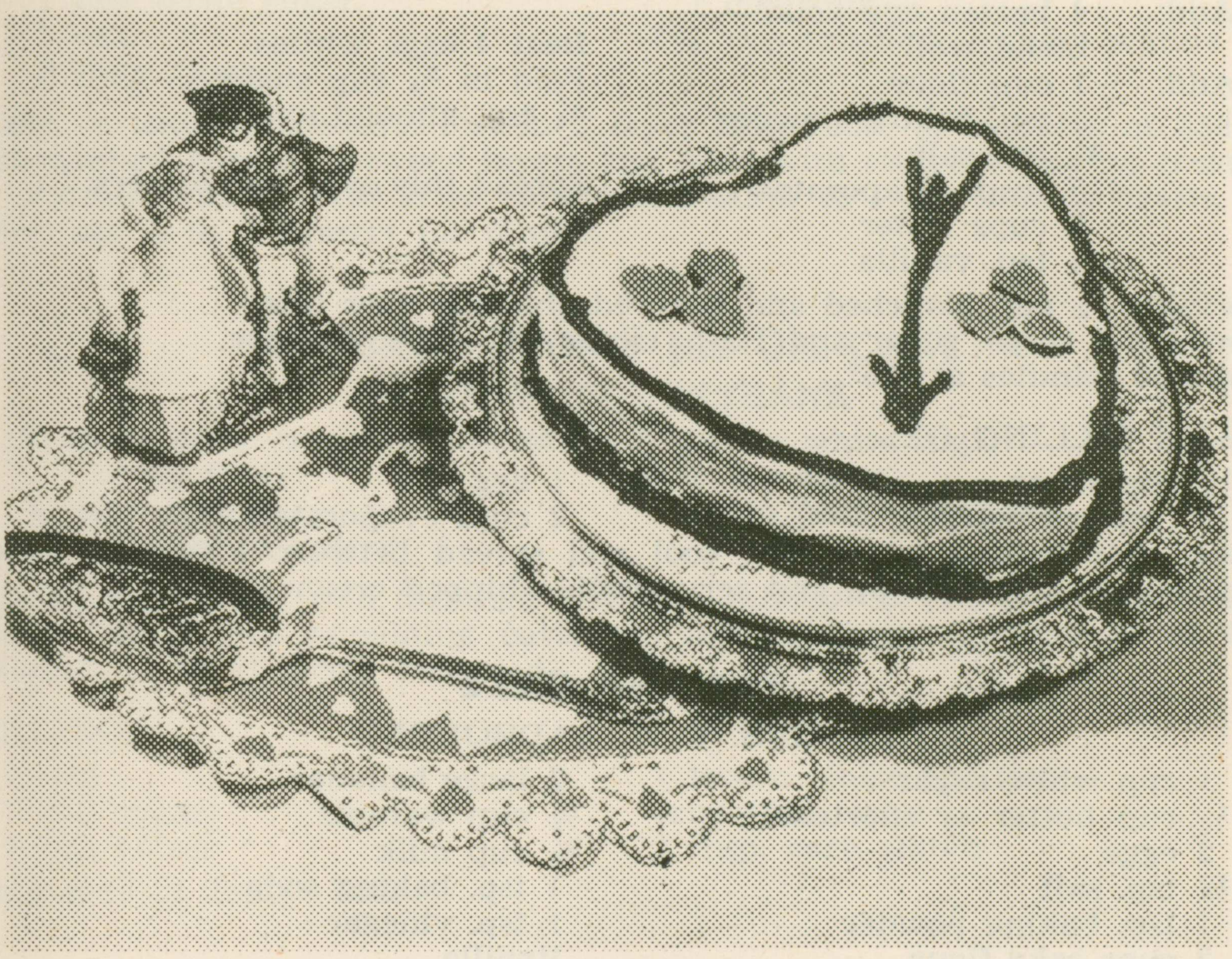

AFFINITY CAKE

CONTRIBUTED

⅓ cup soft butter or shortening
1 cup brown sugar
½ cup chopped walnuts
2 eggs
½ cup milk
1 tsp. vanilla
1 tsp. salt
3 tsp. baking powder
1¾ cup flour (half cake and half all-purpose flour)

Sift together three times. Put ingredients altogether and beat hard for five minutes. Bake in a loaf tin.

ALMOND PASTE

By MRS. LEONARD BEATTIE

1 lbs. almonds (grind)
3 egg whites beaten
1 lb. icing sugar
drop of rose water

Mix well then roll out and put on cake.

BOYS' BANANA CAKE

By MRS. H. CHAPMAN

1¼ cup white sugar
½ cup butter or shortening
2 eggs
3 ripe bananas (mashed)
1 tsp. vanilla
2 cups flour
¼ tsp. salt
1 tsp. soda
½ cup milk
1 tsp. baking powder

Cream butter and sugar. Add egg yolks. Beat. Add bananas, vanilla, flour, salt, soda and baking powder. Fold in beaten egg whites. Bake 45 to 60 minutes. Oven 350 degrees.

ALMOND TORTE

By MRS. WALTER GOODWIN

Cream: ½ cup butter
½ cup sugar
Add: 4 beaten egg yolks—blend well
Add: 1 cup flour
1 tsp. baking powder
¼ tsp. salt
1½ tbsps. evaporated milk
2 cups water
1 tsp. vanilla

Spread into two small round layer cake tins.

Beat 4 eggs whites
Fold in ¾ cup sugar
¼ tsp. almond extract

Spread this over two batters.

Sprinkle ½ cup blanched and silvered almonds over this.
Sprinkle 4 tbsps. sugar and 1 tsp. cinnamon over meringue.
Bake 40 minutes at 325°.

MAKE FILLING OF:

½ cup sugar
2 tbsp. cornstarch
1 egg
2 cups evaporated milk

Cook over boiling water. Let cool and spread between layers of torte. Leave meringue side up and serve with whipped cream.

BANANA CAKE

By MRS. T. R. RADBOURNE

1 cup white sugar
½ cup butter or shortening
2 eggs
⅛ tsp. salt
1 tsp. baking powder
2 cups cake flour
2 large bananas
½ cup walnuts
¾ cup milk
1 tsp. baking soda
1 tsp. vinegar
Vanilla

Cream shortening and sugar. Add whole eggs and beat well. Add sifted flour, salt and baking powder. Next add crushed bananas and nuts. Next put vinegar in milk, mix well, add baking soda. Add vanilla. Combine all with batter and beat well.

BUTTERSCOTCH CAKE

By MRS. N. E. ELLIOTT

½ cup butter
1⅓ cups rolled brown sugar
2 eggs
½ tsp. vanilla
1¾ cups flour
2½ tsp. baking powder
¼ tsp. soda
½ cup strong coffee
¼ tsp. nutmeg

Cream butter and add sugar gradually. Add unbeaten eggs one at a time and beat until mixture is light and fluffy. Sift together the dry ingredients and add alternately with the coffee, making flour additions first and last. Bake in a buttered paper-lined cake tin at 350 degrees for three quarters of an hour. When cool, frost with boiled icing and sprinkle with browned almonds.

BOILED ICING

By MRS. J. A. CHAMBERS

1 egg white
½ cup sugar
2 tbsp. syrup
2½ tsp. cold water
Pinch of salt

Cook over hot water, beating all the while with rotary beater, till icing stands in peaks.

COCOANUT GRAHAM CAKE

By MRS. M. S. EVERS

1 banana
2 tbsp. butter
1 cup white sugar
1 egg
2 tbsp. flour
1½ tsp. baking powder
1 cup coconut
1 cup milk
1¾ cup crushed Graham wafers

Make in usual procedure. Put in 2 layer tins. Bake 20 minutes at 350°. Put mashed banana between layers and frost with either whipping cream or chocolate icing. This is so simple and takes so little time to make, I often use it as a dessert for dinner.

CRACKER CRUMB LEMON CAKE

By JEAN CRUICKSHANK

1¾ cups soda crackers (rolled very fine)
½ cup coconut
¾ cup melted butter
½ cup white sugar
1 cup flour
1 tsp. baking powder

Mix all ingredients well together. Put ¾ of mixture in pan and cover with lemon filling. Put remaining batter on top and bake 375° for 30 to 40 minutes, or until nicely browned.

FILLING:

1 egg
1 cup sugar
1 tsp. butter
1 lemon (juice and rind)
1cup cold water
2 tbsp. corn starch

Cook well in double boiler.

CHERRY CAKE

By MRS. BEN GUNN

½ lb. butter
1 cup white sugar
3 eggs well beaten
½ cup warm water or liquid from cherries
1 lb. seedless raisins
½ lbs. cherries
½ lb. mixed peel
3 cups flour
1 tsp. baking powder
2 tsps. vanilla
Salt

Mix as usual fruit cake and bake in slow oven for 2 hours or until baked.

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Combined sifted flour, salt, and baking powder. Stir well. Sift into a large lowl**. Add Swift'ning. Use finger tips or pastry blender to distribute Swift'ning throughout dry ingredients until the mixture resembles coarse cornmeal. The Make-Your-Own Mix is now ready to use or store in a closed canister on your pantry shelf.

*1½ to 2 tablespoons salt may be used.

**Or large pan or onto heavy paper.

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CHOCOLATE CHIP CAKE

By MRS. J. S. GIFFORD

½ cup shortening
1½ cups sugar
1 tsp. vanilla
2 cups flour
2½ tsp. baking powder
1 cup milk
2 eggs separated
1 square bitter chocolate, grated

Blend shortening, sugar, egg yolks and vanilla. Add alternately dry ingredients and milk. Beat egg whites stiff but not dry. Fold into batter, then fold in grated chocolate. Bake 30-35 minutes in moderate oven. Frost with chocolate icing.

CHOCOLATE CAKE

By MRS. M. S. EVERS

½ cup butter
1½ cups brown sugar
2 eggs
½ cup cocoa mixed with ½ cup boiling water
1½ cups cake flour
2 tsp. baking powder
½ cup sour cream
1 tsp. baking soda (added to sour cream)

Cream butter and sugar, add eggs and cocoa to mixture then flour and sour cream alternately. Bake in a moderate oven 350° for 40 to 45 minutes.

CHOCOLATE CAKE

By MRS. J. G. ROBSON

2 squares melted unsweetened chocolate
add 3 tablespoons of butter
1 cup sugar
2 eggs beaten
½ cup milk
1 cup sifted flour
2 teaspoons baking powder
pinch salt
vanilla

Beat together with an egg beater and bake in moderate oven.

CHOCOLATE CAKE

By MARTHA LOGAN

Yield: 8x8x2-inch cake

2 cups Make-Your-Own Mix (do not pack)
¾ cup sugar
¼ tsp. soda
½ cup sour milk (or ½ cup sweet milk with 1½ tsp. vinegar)
½ tsp. vanilla
1½ squares (1½ oz.) unsweetened chocolate, melted and cooled
1 egg, well beaten

Blend Mix, sugar, and soda. Add milk and vanilla. Beat well. Stir in chocolate. Add egg and blend. Pour batter into cake pan (8x8x2 inches) (bottom rubbed with fat). Bake in moderate oven. Turn out on rack when cool. Frost with your favorite frosting or serve with whipped cream or sprinkled with icing sugar. Baking temperature: 350 degrees. Bake 35 minutes.

BAKING POWDER BISCUITS

By MARTHA LOGAN

1½ cups Make-Your-Own Mix (do not pack)
½ cup milk

Make a well in the Mix. Add the milk and stir with a fork until all of Mix is moistened. Drop dough by spoonfuls onto a baking sheet. Bake in a hot oven. Baking temperature: 450 degrees. Bake about 12 to 15 minutes.

CHOCOLATE CAKE

By MRS. E. M. GUEHO

2 well-beaten eggs
1 cup sugar
1 cup milk
1¼ cup pastry flour
2 tsp. baking powder
¼ tsp. soda
4 tbsp. butter or margarine
2 oz. unsweetened chocolate
salt

Beat eggs until foamy, add sugar and beat again. Sift flour, baking powder and soda and add alternately with milk. Beat well and add butter and chocolate which have been melted together. Add vanilla. Bake 35 or 40 minutes.

CHOCOLATE CAKE

By MARGERY WHEAT

1½ squares chocolate
3 tbsp. butter
1 cup white sugar
½ cup milk
1 cup flour
2 tsp. baking powder
2 eggs
1 tsp. vanilla

Melt chocolate and butter. Mix sugar, milk, flour, baking powder. Break in two eggs. Add vanilla. Mix well and bake at 375 degrees about ½ hour.

WONDER ICING:

1 tbsp. butter
1 cup icing sugar
1 egg
2 squares melted Baker's chocolate
⅛ cup milk
½ tsp. vanilla

Cream butter and sugar. Add melted chocolate, milk, egg and vanilla. Beat with egg beater until creamy.

QUICK CHOCOLATE CAKE

CONTRIBUTED

2 squares Bakers chocolate
2 tbsp. butter
1 cup white sugar (scant)
1 egg yolk
1⅓ cups cake flour
1 tsp. baking soda
1 tsp. vanilla
salt
1 cup sweet milk

Melt and cool chocolate and butter. Add other ingredients. Beat all together with beater until light and fluffy. Bake 30 minutes.

CHOCOLATE COCOANUT CAKE

By MRS. F. M. HAND

2 cups flour
1½ tsp. soda
¼ tsp. salt
2/3 cup cocoa
1½ cups sugar
2/3 cup shortening (margarine)
2 eggs, beaten
1 tsp. vanilla
½ cup buttermilk
½ cup boiling water.

Sift flour once, measure, and resift three times with soda, salt and cocoa. Cream shortening until creamy, add sugar, blend thoroughly, add beaten eggs, beat until smooth and fluffy. Stir in vanilla. Add flour alternately with buttermilk in several portions beginning and ending with flour and beating well after each addition. Add boiling water all at once and stir until smooth. Turn into 2 buttered 8" layer pans, which have been lined with wax paper. Bake at 350 degrees for 30 minutes. Cool. Ice with butter icing topped with cocoanut.

CHOCOLATE CAKE

By MRS. G. T. WILSON

½ cup butter
1 cup sugar
1 egg—well beaten
1½ squares chocolate dissolved in
¼ to ⅓ cup boiling water and milk to fill cup
1 tsp. vinegar
1½ cup flour
1 tsp. soda dissolved in
2 tsp. vanilla

Cream butter well. Add sugar and cream again. Add the remaining ingredients in the order given, and bake in a moderate oven (about 375 degrees). This can be baked either as a loaf cake or as a layer cake and is better when frosted with

SOFT CHOCOLATE FROSTING:

1 square bitter chocolate, cut in pieces
1¼ cup milk
4tbsp. flour
1 cup sugar
2 tbsp. butter
1tsp. vanilla

Add the chocolate to the milk in a double boiler and heat until the chocolate is melted. Beat with an egg beater until the mixture is smooth and well blended. Meanwhile, sift the sugar with the flour; add the chocolate mixture a bit at a time, stirring until smooth after each addition. Return to the double boiler and cook until thickened. Add the butter and vanilla. Let cool and spread on the cake.

CREAMY CHOCOLATE ICING

By MRS. M. S. EVERS

2 squares unsweetened chocolate melted
1 egg unbeaten
3 heaping tbsp. butter
¼ cup cream or milk
1 cup icing sugar
salt
vanilla

Place ingredients in small bowl of electric mixer. Place this bowl in large bowl which has been partly filled with ice. Beat with electric beater until thick.

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DAFFODIL CAKE

By ESTHER M. LESK

6 large eggs, separated
1 tsp. cream tartar
1 cup cake flour
1¼ cup berry sugar
1 tsp. vanilla
1 tsp. baking powder
1 tsp. lemon extract

Beat egg whites with cream tartar until stiff. Fold in ½ cup flour that has been sifted with ¾ cup berry sugar several times. Add vanilla. Beat egg yolks until light yellow. Add ½ cup sugar and beat 3 minutes. Fold in ½ cup cake flour sifted with baking powder. Add lemon extract. Place egg white mixture in ungreased angel food cake pan. Pour egg yolk mixture all around with egg whites on top. Dip wooden spoon through several times. Bake one hour at 300 degrees. Invert to cool.

DATE CAKE

By MRS. E. M. PATCHELL

1 cup chopped dates
1 cup boiling water
½ cup shortening
1 cup sugar
1 egg
1 tsp. vanilla
1⅔ cup cake flour
¼ tsp. salt
1 tsp. soda
½ cup chopped nut meats.

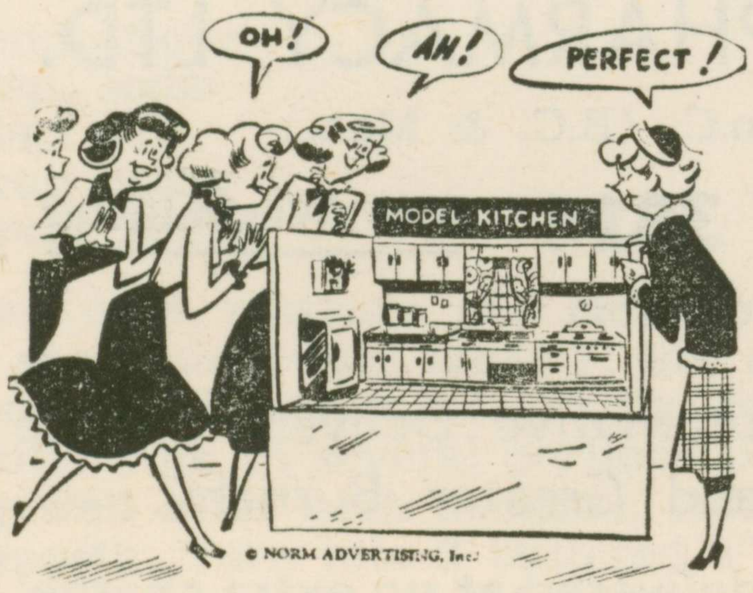
Cover dates with boiling water. Cool until lukewarm. Thoroughly cream shortening and sugar. Add egg and vanilla and beat well. Add nut meats. Bake in waxed-paper lined 8 inch square cake pan in moderate oven (350 degrees). Bake 35 to 40 minutes.

DEVIL'S FOOD CAKE

CONTRIBUTED

¾ cup butter or shortening
1⅞ cup brown sugar
3 eggs (well beaten)
¾ cup boiling water
3 oz. (3 squares) chocolate
2¼ cups cake flour (sifted)
1½ tsp. baking soda
¾ tsp. baking powder
¾ tsp. salt
¾ cup sour milk
1½ tsp vanilla

Cream shortening thoroughly, add sugar gradually, cream well. Add beaten eggs, meanwhile pour boiling water over chocolate, stir over heat until smooth and thick, cool and add to egg mixture. Sift flour with dry ingredients. Add to chocolate mixture alternately with milk and vanilla combined. Pour into greased layer pans. Bake in moderate oven (350 degrees) until done, 25 to 30 minutes. Makes three 8" layers.



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ECONOMICAL CHOCOLATE CAKE

By MARGARET R. FOURNIER

1 cup flour
1 cup sugar
2 tsp. baking powder
½ tsp. soda
5 tbsp. cocoa
3 tbsp. butter
1 egg
1 tsp. vanilla
milk

Sift flour, sugar, baking powder and soda. Melt cocoa and butter over warm water. Break egg into cup and fill with milk. Pour egg mixture into dry ingredients and beat Add melted cocoa, vanilla, and beat. Bake in 325 degree oven about half an hour.

FUDGE CAKE

By V. M. GUY

½ cup melted butter
1 cup brown sugar
1 egg
½ cup flour
1 tsp. vanilla
1 cup nuts
2 tbsp. cocoa

Stir all together. Bake for 25 minutes in a moderate oven.

ICING:

2 tbsp. cocoa
2 tbsp. boiling water
1 cup icing sugar
1 tablespoon butter

Cream butter, add icing sugar and cocoa. Add water and vanilla last. Spread on cake while cake is hot.

GINGERBREAD

By MRS. A. H. GUNN

2 cups pastry flour
¾ tsp. soda
½ cup brown sugar
½ tsp. salt
1 cup sour milk
½ cup molasses
1 egg
4 tbsp. shortening
1¼ tsp. ginger
1 tsp. cinnamon
⅛ tsp. cloves

Put shortening, sugar, molasses, and spices in a bowl. Stand the bowl in hot water, or over slight heat, and as the shortening melts, beat the mixture vigorously until it is smooth, and creamy. Cool—add egg, beaten light, and alternate the milk with the flour, salt and soda, sifted together. Bake in a moderate oven, 325 degrees or less, for 45-50 minutes.

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HOT MILK SPONGE CAKE

By MISS J. CARLYLE

2 eggs
1 cup sugar
1 cup sifted flour
1½ tsp. baking powder
½ cup hot milk
1 tsp. butter

Beat whites of the eggs stiff. Beat yokes light. Add to whites with sugar. Beat three minutes. Add flour and baking powder alternately with milk in which butter has been melted. Bake 35 minutes at 350 degrees in 7" pan. Tube pan is best. Frost when cold.

JELLY ROLL

By MRS. J. QUINTEN CRAWFORD

3 large eggs
1 cup fine sugar
½ tsp. vanilla or lemon extract
1 tsp. baking powder
1 cup pastry flour
¼ tsp. salt
2 tbsp. cold water

Separate eggs, beating yolks and sugar together until quite thick. Add extract, then add lightly the stiffly beaten egg whites. Sift together four times, flour, baking powder and salt. Fold into egg mixture alternately with the cold water. Turn into a jelly roll pan, which has been lined with well greased paper. Bake in moderate oven 10 minutes. Turn out into a clean slightly dampened cloth. Remove paper and cut crisp edges off. Spread with jelly or jam and roll quickly. Sift fine sugar on top.

JITNEY CAKE

By MRS. KEITH SNELL

1 cup brown sugar
½ cup shortening
2 eggs
1 cup sour milk
1 tsp. baking soda
2 cups flour
¼ tsp. baking powder
1 cup raisins and nuts chopped
Salt
Little cinnamon

Cook in a loaf tin in a moderate oven 45 minutes.

NEVER FAIL CAKE

By MARGARET G. BLAIR

1 heaping cup flour
¾ cup sugar (granulated white)
pinch salt
11 tsp. melted butter
2 eggs
2 tsp. baking powder
vanilla
milk

Break 2 eggs in cup and add melted butter and fill cup with milk. Add to flour, sugar and salt mixture. Lastly add baking powder and vanilla. Bake in moderate oven. Excellent for making mocha balls.

NEWPORT CAKE

By MRS. W. T. LAPWORTH

1 cup shortening
⅔ cup sugar
4 eggs
2 tbsp. orange juice
⅓ cup grated orange rind
2½ cups flour
1 tsp baking powder
½ tsp. salt
1 cup seedless raisins
1 cup currants

Cream shortening, add sugar gradually. Add eggs one at a time beating well after each one. Add juice and rind then dry ingredients. Bake in a long loaf pan.

NO BAKE CAKE

By ESTHER M. LESK

½ lb. semi-sweet chocolate
2 eggs
1 cup icingsugar
½ lb. marshmallows
1 cup chopped walnuts or brazils

Melt chocolate in double boiler. Beat eggs and icing sugar. Add marshmallows cut in quarters, and nuts. Add this to chocolate and stir well. Put in buttered cake pan and leave to set in refrigerator. Cut in squares when ready to serve.

NUT RAISIN CAKES

By BERTHA M. SCOTT

½ cup butter
1 cup brown sugar
2 eggs
1 tsp. soda dissolved in
½ cup warm water
1¼ cup flour, sifted
½ cup raisins
½ cup chopped walnuts
¼ tsp. salt
¼ tsp. cinnamon
¼ tsp. nutmeg

Cream butter and sugar, add eggs and beat well. Flour raisins and nuts and add to flour sifted together with salt and spices. Combine with creamed mixture alternately with soda dissolved in water. Bake in patty pans at 375° F. for approximately 25 minutes.

ORANGE CHIFFON CAKE

By MRS. E. GOVIER

1 cup and 2 tbsp. cake flour
¾ cup sugar
1½ tsp. double acting baking powder
½ tsp. salt
1 orange rind
¼ cup vegetable oil
¼ cup and 2 tbsp. water or orange juice and water combined
4 eggs
½ tsp. vanilla
¼ tsp. cream of tartar

Sift flour, sugar, baking powder and salt into mixing bowl, add orange rind and oil, together with water, 2 egg yolks and vanilla. Beat until creamy. In separate bowl, beat 4 egg whites and cream of tartar until stiff enough to cut with knife. Fold egg whites into first mixture gently, (do not stir). Bake in ungreased 9" tube ½ hour at 350°.

POUND CAKE

By MARY M. REID

1 cup shortening (crisco)
2 cups sugar
4 eggs
3 cups flour—all purpose
3 tsp. baking powder
1 cup milk

Cream shortening, add sugar, and drop eggs one at a time. Beat thoroughly. Add sifted flour and baking powder alternately with milk. Bake half an hour in moderate oven (350 degrees).

PRINCE OF WALES CAKE

By L. B. LUSBY

½ cup butter
2 eggs
1 cup flour
½ tsp. cloves
½ cup sour milk
¾ cup brown sugar
1 tblsp. molasses
1 tsp. cinnamon
½ tsp. soda
1 cup raisins

Cream sugar and butter. Add molasses and eggs. Add soda to milk. Sift spices with flour, gradually adding to batter. Lastly add floured raisins. Cook at 375 degrees. Use white icing.

RED DEVIL CAKE

By MRS. S. AGNEW

¼ cup butter
1 cup sugar
2 eggs
1½ cups flour
1 tsp. vanilla
2 squares bitter chocolate
1 tsp. soda
1½ tsp. baking powder
½ tsp. salt
½ cup boiling water
½ cup thick sour milk

Pour boiling water on chocolate. Mix quickly and add soda. Cool. Cream butter and add sugar gradually and beat till fluffy. Add well beaten eggs and beat mixture till creamy. Sift flour, baking powder and salt together three times and add alternately to previous ingredients alternately with sour milk. Add chocolate mixture to batter and mix well. Put in buttered pan 12x8. Bake about 30 minutes at 375 degrees.

SPICE CAKE

By MRS. S. LEWCHUK, Vancouver

5 tbsp. shortening
1 cup brown sugar
1 egg
1¼ cups flour
¼ tsp. salt
½ tsp. baking powder
½ tsp. soda
½ tsp. cinnamon
½ tsp. cloves
⅔ cup milk
½ tsp. vanilla

Bake in moderate oven (350°) for 45 to 50 minutes. This cake has a nice crisp crust.

SPONGE CAKE

By MARGARET R. FOURNIER

1 cup cake flour, sifted
½ tsp. baking powder
5 eggs, separated
½ tsp. cream of tartar
¼ tsp. salt
½ cup fine granulated sugar
2 tbsp. strained lemon juice or same amount of cold water and flavouring

Sift, then measure cake flour, add baking powder, sift twice more, then set aside. Beat egg whites till frothy, but not dry, then add cream of tartar and salt, and beat until mixture stands in peaks. Gradually add ½ cup fine granulated sugar, beating constantly. Beat yolks and lemon juice or alternate, until thick and lemon colored. Add ½ cup sugar and beat. Fold flour mixture into yolk mixture. Lightly combine with egg white mixture. Turn into two medium tube pans (or one large tube pan). Bake at 350 degrees for 50 to 60 minutes (or 325 degrees if in large pan).

SPONGE CAKE

By MRS. M. E. STEVENSON

1 cup all-purpose flour
1 tsp. baking powder
Salt
3 eggs (separated)
½ cup cold water
1 cup sugar
¼ tsp. cream of tartar
1 tsp. almond extract

Sift flour, baking powder and salt three times. Then beat yolks, sugar and water until bubbly. Beat egg whites with cream of tartar and flavoring. Now stir the dry ingredients into the egg yolk mixture. Then fold in egg whites. Pour into large angel food pan and bake in slow oven about one hour.

SPECIAL WHITE FLUFFY ICING

By MRS. R. R. HARPER

2 egg whites
1 cup lily white syrup

Cook in double boiler, beating constantly. When stiff add: 8 marshmallows cut in small pieces. Stir until dissolved.

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WENCESLAS CAKE

By MRS. E. R. LATTA

½ lb. flour
½ lb. fine sugar
½ lb. rice flour
6 oz. currants
6 oz. Sultanas
2 oz. peel
1 tbsp. baking soda
½ pint mink
6 oz. butter

Mix dry ingredients. Melt butter and mix again. Slowly warm milk and in it dissolve soda. Mix all well again. Bake in slow oven, 2½ hours.

XMAS GUM DROP CAKE

By MRS. E. MANNERING

½ cup butter
1 cup white sugar
½ tsp. salt
2 eggs
2 cups all-purpose flour
1 tsp. baking powder
½ cup milk
1 tsp. nutmeg
1 tsp. cinnamon
1 lb. bleached raisins
1 lb. gum drops cut in pieces (omit licorice ones)

Cream butter and sugar; add eggs one at a time and beat well. Sift all dry ingredients and add alternately with milk. Flour fruit and gum drops and add, beat well. Bake in moderate oven, 1 to 1¼ hours.

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STRAWBERRY SURPRISE CAKE

By MRS. T. K. CRAGG

⅔ cup margarine
2 cups sugar
1tsp. vanilla
3 cups sifted cake flour
4 tsp. baking powder
½ tsp. salt
1¼ cups milk
4 egg whites (yolks for filling)
¼ tsp. salt

Cream margarine, sugar and vanilla until well blended. Sift flour, baking powder and salt (½ tsp.) together. Add sifted dry ingredients alternately with milk, beating after each addition until smooth, beginning and ending with flour. Beat egg whites stiff with ¼ tsp. salt, fold in. Pour into three 8" layer cake pans that have been greased and lightly floured. Bake in moderate (350 degree) oven 25 to 30 minutes. Allow cakes to cool on rack 10 to 15 minutes before turning out. When cool cut a 5" circle from one layer. Place bottom layer on cake plate spread with vanilla cream. Top with cut out layer and fill center with strawberry jelly mixture. Cover layer and strawberries with vanilla cream. Cover with remaining layer and frost with,—

SEVEN MINUTE FROSTING:

1 egg white
2⅔ cup sifted white sugar
2 tbsp. water
¼ tsp. cream of tartar
⅛ tsp. salt

Combine above, stirring occasionally while allowing to stand one hour before cooking and beating 7 minutes over hot water.

VANILLA CREAM FILLING:

2 cups top milk
½ cup sugar
4 egg yolks
⅛ tsp. salt
1 tsp. vanilla
½ tbsp. gelatin dissolved in
2 tbsp. cold water

Scald milk in top double boiler. Beat egg yolks, add sugar and salt and beat well. Blend in flour. Add ½ scalded milk gradually to egg yolk mixture and return to double boiler. Cook and stir over hot water for 12 minutes. Add vanilla and gelatin dissolved in cold water. Remove from heat and stir until gelatin is completely dissolved. Cool and stir from time to time to prevent crusting. Keep lid on filling while cooling. Have thoroughly chilled before spreading on cake.

STRAWBERRY SURPRISE:

1 carton frozen strawberries (thawed)
1¼ tsp. gelatin

Thaw frozen strawberries. Strain. There is approximately one cup of juice. Heat juice to boiling point, add gelatin dissolved in one tbsp. cold water. Stir till gelatin is completely dissolved. Then chill. When jelly begins to thicken add strawberries and fill center ring of cake. It is wise to make vanilla cream and jellied strawberry a couple of hours before baking cake.

This makes a complete and attractive dessert for a dinner party or buffet supper. The red and white color combination, the lightness of the cake and the refreshing jelly center makes this a pleasant change from the usual heavy rich fare of the Christmas season.

WHITE CHRISTMAS CAKE

By SHEILA HASSELL

1 lb. butter
1 lb. brown sugar
1 doz. eggs
4 cups flour
1 lb. orange, lemon and citron peel, mixed
1 lb. glace cherries
1 lb. glace pineapple (10 to 12 rings)
1 cup sultana raisins
1 lb. blanched almonds

Cream butter with brown sugar. Add well-beaten eggs and part of flour. Use remaining flour to mix with peel, glace cherries, pineapple and sultanas. Add this floured fruit to first mixture, then add blanched almonds.

This recipe makes the standard large, medium and small cakes in one set of Christmas cake pans. The smallest cake may have to be taken from the oven a half hour before the others are done. Simply line the tins with greased brown paper, cut to size and fill tins more than half full, with paper extending to top of tin.

Pudding and Desserts

ALMOND AND HONEY DESSERT

By MRS. C. J. WORSFOLD

1 pint rich milk
¾ cup chopped blanched almonds
⅛ tsp. salt
3 egg yolks
½ cup honey
1½ tbsp. gelatin
1 cup cream (whipped)

Scald milk and almonds in double boiler. Beat egg yolks lightly and add honey and salt. Combine mixture and cook until mixture is thick. Add gelatin soaked in ½ cup water. Cool. Flavor with vanilla and fold in whipped cream. Turn into ring mould and serve unmoulded with chopped fruit in center.

APPLE BUTTERSCOTCH RINGS

By MRS. A. C. HAMILL

2 cups flour
4 tsp. baking powder
½ tsp. salt
1 tbsp. shortening

Add enough milk to make a dough easy to roll out.
Roll to ¼ inch thickness and cover with chopped apples. Spread a little sugar over the apples and roll like jelly roll. Cut into ½ inch slices.
In an 8" x 8" cake pan, make a syrup of:

3 cups brown sugar
1½ cups water
3 tbsp. butter

Bring this syrup to a boil, then put the apple rings into it. Bake until they are a delicate brown and the syrup thickened. Serve with cream.

APPLE CRISP OR RHUBARB CRISP

By MRS. A. PAQUETTE

1 baking dish of apples or rhubarb (cut fine)
1 cup sugar
¼ cup flour
¼ lb. butter

Place apples in dish. Blend ½ cup sugar, ¼ cup flour, ¼ lb. butter. Roll out like pie crust about ½ inch thick and cover fruit. Bake until crust is brown. Serve with cream.

APPLE MERINGUE

By MRS. L. CROCKETT

Apples
Sugar (or apple sauce)
2 eggs
Apricot jam (or jelly)
1 sponge cake

Cook apples and sugar (with very little water)—do not have the fruit too juicy. Place in a fireproof dish. Put over the fruit a layer of apricot jam, apple jelly, or any other jelly or jam to taste. Beat the whites of the eggs until very stiff, adding a little sugar. Pile the meringue on the apples and put in a cook oven until a golden brown.

APPLE DELIGHT

CONTRIBUTED

2 cups pastry flour
2 tsp. baking powder
½ tsp. salt
3 tbsp. shortening
1 egg
½ cup milk
3 medium raw apples
½ cup sugar
1 tsp. cinnamon

Put dry ingredients in bowl. Rub in shortening. Add beaten egg and milk forming a good biscuit dough. Roll out ¼ inch thick. Grate apples and spread over dough. Sprinkle with sugar and cinnamon. Roll. Cut in slices as for jelly roll. Place in baking pan cut side up. Cover with syrup.

SYRUP:
1 cup brown sugar
2 tbsp. butter
1 cup of warm water

Pour syrup over the cut slices and bake at 400 or 425 degrees for 20 minutes. Serve with or without cream.

BAKED ALASKA

CONTRIBUTED

1 sponge cake
4 egg whites
½ cup berry sugar
Vanilla

Have a flat layer of sponge cake about 1 inch wider and 1 inch longer than a pint brick of ice cream to be used. Preheat oven 450 degrees. Prepare meringue by beating the four egg whites and adding gradually the ½ cup of berry sugar. Place the ice cream on the cake to within 1 inch of all sides. Quickly but carefully cover both the ice cream and the cake with the meringue. Put into 450 degree oven just long enough for meringue to brown slightly, 2 or 3 minutes.

APPLE WHIRLS

By MRS. L. CROCKETT

Roll out biscuit dough to an oblong ½" thick. Cover with diced apples, and sprinkle with brown sugar, cinnamon and clove to taste. Roll up as a jelly roll, and cut in slices 1" thick. Put in greased baking pan cut side down, and cover with sauce made as follows: Mix 2 cups brown sugar, 2 tbsp. flour, 2 tbsp. butter, pour on this mixture 2 cups boiling water, and stir until smooth. Bake in moderate oven, 375 degrees, for about 25 minutes.

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CHILLED FRUIT DESSERT

By MRS. J. T. LAWSON

¼ cup sugar
1½ tbsp. cornstarch
Dash salt
1 cup scalded milk
2 egg yolks beaten
1 tbsp. butter
1 tsp. vanilla
Fruit

Mix sugar, cornstarch and salt together gradually adding 1 cup scalded milk. Stir over boiling water till mixture thickens. To this slowly add 2 egg yolks beaten and continue to stir over hot water for one minute to thicken egg. Now add 1 tbsp. butter. Cool. Add 1 tsp. vanilla.
Beat 2 egg whites stiff. Add ¼ cup sugar gradually as you beat. Fold into the cooled sauce. Add to this 3 diced bananas or any strained fruit you have open. Place in sherbert glasses and trim with half cherry and chill.

CARROT PUDDING

By MRS. J. G. ROBSON

1½ cups flour
1 cup brown sugar
1 cup chopped suet
1 cup raisins
1 cup currants and a little peel
1 cup grated carrot
1 cup grated potato (mush)
1 tsp. cinnamon
1 tsp. nutmeg
1 tsp. baking soda

Mix lightly together. Pour in buttered bowls and steam for 3 hours. More fruit can be added to this recipe. This makes a nice Christmas pudding.

DASH AND DISH PUDDING

By MRS. J. T. LAWSON

When in a hurry, try this:
⅓ cup brown sugar
1 cup flour
1 cup raisins
2 tsp. baking powder
Dash of salt
½ cup milk

Mix ingredients together well and place in buttered baking dish.
2 cups boiling water
1 cup brown sugar
1 tbsp. butter
Shake of nutmeg

Mix these ingredients together and pour over the batter in baking dish. Bake at 350 degrees for ¾ hour.

DATE DESSERT

By MRS. A. W. BOWLES

⅓ cup butter
1 cup sugar
3 eggs
3 tbsp. flour
½ tsp. baking powder
1 cup milk
1 cup chopped dates
1 cup chopped nuts

Cream ⅓ cup butter and 1 cup sugar. Add 3 eggs well beaten. Then add 3 tablespoons flour with ½ teaspoon baking powder. Now add 1 cup milk, 1 cup chopped dates and 1 cup chopped nuts. Bake in 350 degrees oven for 1 hour. Serve warm with whipped cream.

ENGLISH APPLE DUMPLINGS

By MISS L. MURRAY

Peel and core apples, (leave whole). Stuff with dates and walnuts. Wrap with pastry dough. Bake in 425 degrees oven for 15 minutes and 350 degrees until golden brown. Serve hot with custard sauce.

LEMON PUDDING

By MRS. ANNE DYER

2 tbsp. butter
¾ cup sugar
Juice of one lemon
Grated rind of one lemon
1 cup milk
2 tbsp. flour
2 eggs

Cream butter and add sugar gradually. Cream this well together. Add well beaten egg yolks, flour, lemon juice and rind. Mix well. Now add milk, and fold in stiffly beaten egg whites. Pour into well greased baking dish. Set dish in pan of hot water and bake, at 350 degrees for ½ hour.

LEMON SOUFFLE

By MRS. F. G. FLESHER

1 cup granulated sugar
¼ cup flour
¼ tsp. salt
2 tbsp. melted butter
1½ tsp. grated lemon rind
¼ cup lemon juice
3 eggs, separated
1½ cups milk

Sift together sugar, flour and salt. Stir in melted butter, well beaten egg yolks and milk. Beat until smooth and creamy. Fold in stiffly beaten egg whites.

Turn into greased baking dish, set in a pan of steaming water one inch deep. Eake in moderate oven (350 degrees) for 50 to 60 minutes.

This pudding separates into two layers during baking (a sponge-like cake topping, and a bottom layer of creamy lemon sauce.) This dessert is an excellent complimentary ending to a fish dinner. Serves six.

OLD ENGLISH PUDDING

By ELSA LAMBERT

1 lb. brown sugar
1 lb. bread crumbs
1 lb. currants
2 lbs. raisins (2 rinds)
1 lb. suet chopped (kidney suet best)
2 tbsp. of flour to mix suet
½ lb. almonds
½ lb. mixed peel
4 eggs
1 carrot (grated)
1 potato (grated)
1 apple (grated)
7 tbsp. of either brandy, rum, or wine

Mix well. Steam for 6 hours. Later when using steam for another 3 hours. Makes 3 or 4 puddings.

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MARSHMALLOW PUDDING

By MRS. WALTER JULIEN

1 rounded tbsp. gelatin
½ cup cold water
4 egg whites
Pinch of salt
1 cup sugar
1 tsp. almond flavoring

Place 1 rounded tbsp. gelatin into ½ cup cold water. Put on stove to dissolve. When dissolved remove from stove and add another ½ cup cold water. Cool, but before it stiffens gradually beat into it the whites of four eggs (which have been beaten stiff—a pinch of salt). Now add 1 cup granulated sugar and 1 tsp. almond flavoring. Take ⅓ of mixture and color pink (or desired color). Put half of white in mould. Sprinkle with broken walnuts and cherries. Add layer of pink mixture. Sprinkle it with walnuts and cherries. Add layer of white remaining.
When set (in refrigerator) turn out of mould. Cut in slices and serve with whip cream flavored with vanilla.

PINEAPPLE BAVARIAN CREAM

By MRS. PAUL CORRIGAN

1 cup milk
1 cup rich cream
1 egg
1 tbsp. sugar
1 tbsp. gelatine
Pinch of salt
1½ tbsp. icing sugar
1 tsp. vanilla
2 tbsp. ice water
1 cup crushed pineapple

Method: scald milk; add beaten egg yolk mixed with sugar. Cook in double boiler, stirring constantly. When thickening, add gelatin which has been soaked in ice water. Strain. Add beaten egg whites.
Place pan in ice water, stirring until beginning to congeal. All salt and the cream stiffly beaten to which has been added the icing sugar, vanilla and pineapple. Chill.

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PINEAPPLE DELIGHT

By MRS. IVAN C. HAMBLY

½ cup crushed arrow root biscuits
½ cup butter
1½ cups icing sugar
2 eggs
1 pint of cream
1 tsp. vanilla
1 tin crushed pineapple

Line pan with ½ of the crushed arrow root biscuits. Cream ½ cup butter and 1½ cups icing sugar. Now add 2 well beaten eggs. Mix until smooth and put on top of cookie mixture.

Whip 1 pint of cream until very stiff, sweeten and add one teaspoon vanilla. Add one tin crushed pineapple well drained.

Put this on top of mixture in pan. Sprinkle with remainder of biscuit crumbs. Chill well before serving. This serves 10 or 12 and is a marvellous recipe for dessert parties.

STEAMED WINTER PUDDING

By MRS. F. H. (TOBY) JACKSON

1 cup flour
1 tsp. baking powder
1 cup sultanas or raisins
1 cup chopped suet
½ cup milk
½ cup golden syrup
Pinch salt

Mix ingredients together, put in greased basin and steam 3½ hours.

"'An' 't please your honor,' quoth the peasant. 'This same dessert is very pleasant'.'

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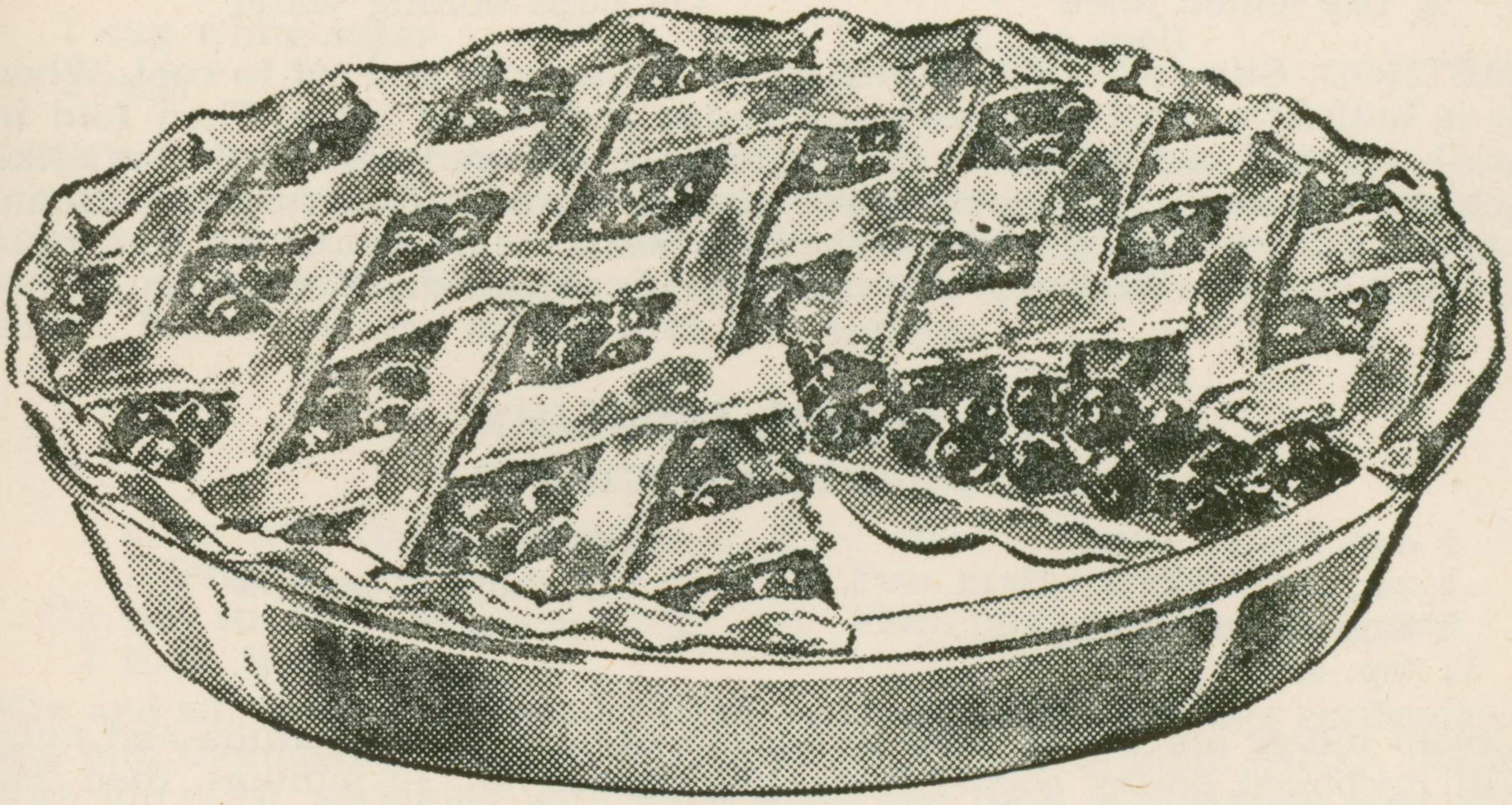
Pies and Pastries



BANANA FLUFF PIE

By MRS. G. JAMES

2 ripe bananas
1 cup sugar
⅛ tsp. salt
2 unbeaten egg whites
Almond flavoring
Whipped cream

Put bananas through potato ricer then add sugar, salt and unbeaten egg whites. Beat until stiff then add ⅛ tsp. almond flavoring. Fill pie shell. Bake at 375 degrees for 30 minutes. Chill thoroughly and top with whipped cream.

ENGLISH BUTTER TARTS

By MRS. ANNE DYER

1 cup brown sugar
1 cup currants
1 egg
1 tbsp. cream
1 large tbsp. melted butter
Vanilla

Beat sugar and egg. Add currants, butter cream and vanilla. Put in unbaked tart shells. Bake 375 degrees about 15 minutes.

HEAVENLY PIE

By MRS. F. W. SHEPPARD

3 egg whites
4 level tbsp. cornstarch
¾ cup sugar
1½ cup cold water
1 tsp. vanilla
Salt
1 tsp. almond flavoring

Cook cornstarch, salt, ½ cup sugar, and water until it boils, then place in double boiler and cook from 8 to 10 minutes. Beat 3 egg whites stiffly to stand in peaks. Add scant ¼ cup sugar. Beat well. Add 1 tsp. almond flavoring and one tsp. vanilla. Add the hot mixture to the beaten egg whites. Pour into baked pie shells.

LEMON FLUFF PIE

By LAURA SWENCISKY

1 pkg. lemon or lime jello
1 cup sugar
½ cup lemon juice
¾ large can Pacific milk
Graham crackers (about 15)
1½ cups boiling water

METHOD: Stir Jello and boiling water till smooth and set to cool. When it is half-firm, beat well and add sugar and lemon juice. Then fold in well-whipped canned milk. (If the milk is well chilled, it will fluff like whipped cream). Pour into a pie plate covered with crushed Graham crackers. Sprinkle top with crushed crackers, too. It can be cut like a pie when it has set. Whipped cream on top if calories don't scare you.

PECAN TARTS

By MRS. FRANK CURRIE

1 cup brown sugar
1 cup corn syrup
3 eggs (beaten)
¼ tsp. salt
1 tsp. vanilla
1 cup chopped pecans
2 tbsp. butter

Cream butter and sugar. Add syrup and eggs. Add salt, vanilla and nuts. Fill uncooked pastry shells. Bake 400 degrees for 10 minutes, then 350 degrees for 20 minutes.

PUMPKIN CHIFFON PIE

By MRS. HOMER DEFIEUX

2 tsp. gelatine (softened for 5 min. in ¼ cup cold water
3 eggs separated
1cup sugar
1¼ cup mashed cooked pumpkin or canned pumpkin
½ tsp. salt
½ tsp. cinnamon
¼ tsp. nutmeg
½ tsp. ginger
½ cup milk

Beat egg yolks, add ½ cup sugar. Add pumpkin, salt, spices and milk, put into saucepan over low heat until mixture thickens. Add softened gelatine. Stir until dissolved. Set aside to cool. When mixture begins to thicken beat egg whites almost stiff. Add ½ cup sugar one tbsp. at a time. Fold into cooled pumpkin mixture. Pour into cooked 10-inch pie shell and leave in ice box for three hours. Cover with whipped cream.

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ONE CRUST RAISIN PIE

By MRS. G. S. FORD

1 cup raisins
1 cup boiling water
2 tbsp. flour
1 cup white sugar
2 eggs
¼ tsp. salt
Juice of ½ lemon
2 tbsp. powdered sugar
1 baked pie shell

Cook raisins in water until tender. Mix flour with one-half the sugar and stir into raisins until mixture thickens. Add beaten egg yolks, salt, lemon juice and remaining sugar. When thick, pour into pie shell that is already baked, cover with meringue made from the egg whites and powdered sugar. Brown in slow oven, about 300 degrees.

RHUBARB CREAM PIE

By JEAN CRUICKSHANK

3 cups rhubarb, cut in inch lengths
1¼ cup sugar
2 tbsp. flour
1 egg
Few grains salt
Plain pastry for double crust

Mix and sift flour, sugar and salt and add to rhubarb. Add egg (unbeaten) and mix thoroughly. Turn out into pie dish lined with plain pastry. Cover with top crust, sprinkled with some sugar and bake in moderate oven 350 degrees to 375 degrees until rhubarb is tender. If a thin filling is wanted, use 2 cups rhubarb and one cup sugar.

SHOW OFF

By MRS. R. S. SHIELDS

2½ cups rolled graham crackers (keep ¼ cup for topping)
Add ½ cup melted butter,
Mix and pat down in a square tin.
Bake 15 minutes at 325°.
Cream together ½ cup butter,
1¼ cups sifted icing sugar,
And - unbeaten egg.
Spread over cooled cracker mixture.
Drain well 1 can crushed pineapple and add it to ½ pint cream whipped stiff.
Spread over creamed mixture and top with crumbs.
Chill well before cutting.

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STRAWBERRY PIE

By MRS. V. DANGERFIELD

1 quart (2 boxes) strawberries
3 tbsp. cornstarch
1 cup water
1 scant cup sugar
Baked pie shell

Mash 1 pint berries, add sugar and cornstarch which have previously been mixed together. Cook until thick and smooth, stirring constantly. Continue cooking until there is no taste of cornstarch. Arrange remaining berries in baked shell. Pour mixture over top. Serve with whipped cream.

SOUR CREAM PIE

By MRS. J. A. REID

1 cup sour cream
¾ cup sugar
½ cup raisins
¼ tsp. salt
½ tsp. cloves
1 tsp. cinnamon

Cook in double-boiler until it coats spoon, then put in cooked pie shell, cover with stiffly beaten egg whites. Brown in oven.

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Cookies and Slices

ALMOND COOKIES

By MRS. W. L. ARCHIBALD

1 cup shortening
½ cup white sugar
½ cup brown sugar
1 egg unbeaten
½ tsp. Almond Extract
2½ cups flour
1 scant tsp. baking soda
1 tsp. cream of tartar
⅓ tsp. salt

Cream the shortening and sugar, add unbeaten egg. Beat well, add flavoring and sifted dry ingredients, roll out and cut into shapes. Bake in a greased pan for 6 minutes 375° F. While warm put together with raspberry jam. Ice if desired.

ALMOND CRISP

By MRS. J. C. LINDSAY

1 cup brown sugar
½ cup butter
1 cup rolled oats
1 cup coconut
½ cup chopped almonds
1 tsp. vanilla

Melt butter and sugar over a slow fire, then add rolled oats, coconut, almonds and vanilla and mix together. Place in buttered pan and bake until golden brown. Score while warm.

ALMOND CAKES

By MRS. L. B. LUSBY

½ lb. almonds
2 egg whites
½ lbs. powdered sugar

Beat egg and sugar. Take out two tbsp. for icing. Put nuts through chopper and add to mixture. Roll flat, cut in strips. Ice and bake brown. Do not blanch almonds. Oven temperature 375 degrees.

ALMOND KISSES

By MRS. L. LESK

2 egg whites
½ cup icing sugar
1 lb. almonds, blanched
20 maraschino cherries

Beat egg whites until stiff, add icing sugar and almonds which have been blanched and cut in small pieces and toasted. Add 20 maraschino cherries cut up. Bake on ungreased sheet of brown paper at 250° F.

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BUTTERSCOTCH FRUIT COOKIES

By MRS. E. MANNERING

¾ cup butter
1 cup brown sugar
1 egg
2 cups general purpose flour
1 tsp. soda
¼ tsp. salt
1 tsp. vanilla
½ cup cocoanut
½ cup chopped dates
½ cup chopped nuts
½ cup preserved ginger
½ cup chopped cherries

Cream butter and sugar. Add beaten egg and vanilla. Sift dry ingredients and add to first mixture. Add the fruit. Chill. Drop by spoonfuls on a greased cookie sheet. Press down with a fork. Bake at 400 degrees for 8 to 10 minutes.

BUTTERSCOTCH THINS

By MRS. A. HUNTER

¼ cup butter or margarine
¼ cup shortening
⅓ cup granulated sugar
⅓ cup brown sugar
1 egg
1½ cups flour
¾ tsp. baking soda
¾ tsp. vanilla
⅓ cup chopped nuts

Melt butter and shortening. Add sugar. Add egg and beat well. Sift together flour and soda. Stir into shortening mixture. Add vanilla and nuts. Shape into rolls. Roll in waxed paper and chill several hours. Slice, then bake on ungreased cookie sheet in moderate oven 375° for 10 minutes.

BUTTERSCOTCH NUT SQUARES

By MRS. E. M. FOWLER

¼ cup butter
1 cup brown sugar
1 egg
1 cup flour
1 tsp. baking powder
¼ tsp. salt
½ cup chopped nuts
1 tsp. vanilla

Melt butter and blend with the sugar. Add the egg, mix well, and let stand until cool. Add the dry ingredients which have been sifted together, and then stir in the nut meats. This makes rather a stiff batter. Spread the mixture in a well greased 8 in. square cake pan. Bake 20-30 minutes in a moderate oven 350 degrees. Cut into squares and let cool in the pan. These cookies, unlike most nut cookies, are easier to remove when cold.

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CHINESE CHEWS

By E. M. PATCHELL

¾ cup flour
¼ tsp. salt
1 tsp. baking powder
1 cup sugar
1 cup chopped dates
1 cup chopped walnuts
3 well beaten eggs

Sift dry ingredients. Stir in remaining ingredients. Pour into greased 10x14 inch pan. Bake in slow oven 300° F for thirty minutes

CHOCOLATE CHIP COOKIES

By MRS. J. DRAKE, Los Angeles

1 cup shortening
1½ cups sugar (white and brown mixed)
2 or 3 chocolate bars
2 squares unsweetened chocolate melted (optional)
2 eggs
1 tsp. (level) soda
½ tsp. salt
2½ cups flour
2 tbsp. hot water
1 tsp. vanilla

Mix shortening, sugar and eggs, then dry ingredients followed by hot water and vanilla. If adding the unsweetened chocolate it can be melted and added to the butter, sugar mixture. The cut up chocolate bars are best added just before the water and vanilla. Drop from a tsp. onto a greased cookie sheet and bake in a moderate oven, about 375 degrees for 15 to 20 minutes.

CHOCOLATE TEA DAINTIES

By MRS. O. B. ELLIOTT

4 squares unsweetened chocolate
2 tsp. butter
2 eggs, slightly beaten
1 cup icing sugar
20 marshmallows cut in 3 pieces
1 cup nuts (any kind)

Melt the chocolate with butter. Add other ingredients. Mix all together and spoon onto wax paper. Leave for 24 hours to harden. This is an easy afternoon tea cookie that requires no baking.

CHOCOLATE GRAHAM WAFERS

By MRS. S. AGNEW

½ cup butter
½ cup brown sugar
1 egg
1 tsp. vanilla
¾ cup walnuts
2 tbsp. cocoa
½ lb. Graham Wafers

Melt butter in pan and add sugar, cocoa and eggs, slightly beaten. Stir well then bring to bubbling and simmer for one minute. Add the vanilla, nuts and crackers that have been roughly broken. Pour into greased baking dish and press down with a spoon. Ice with a chocolate icing. When cold cut into fingers. (This sets in about 2 hours.)

COCOANUT MACAROONS

By MRS. E. M. GUEHO

3 eggs whites
1 cup sugar
2 tbsp. corn starch
Salt
2 cups cocoanut

Beat with rotary beater in top of double boiler over hot water until thick, about 7 minutes, add 2 cups cocoanut. Drop in small spoonfuls on greased cookie sheet and bake in a slow oven for ¾ hour.

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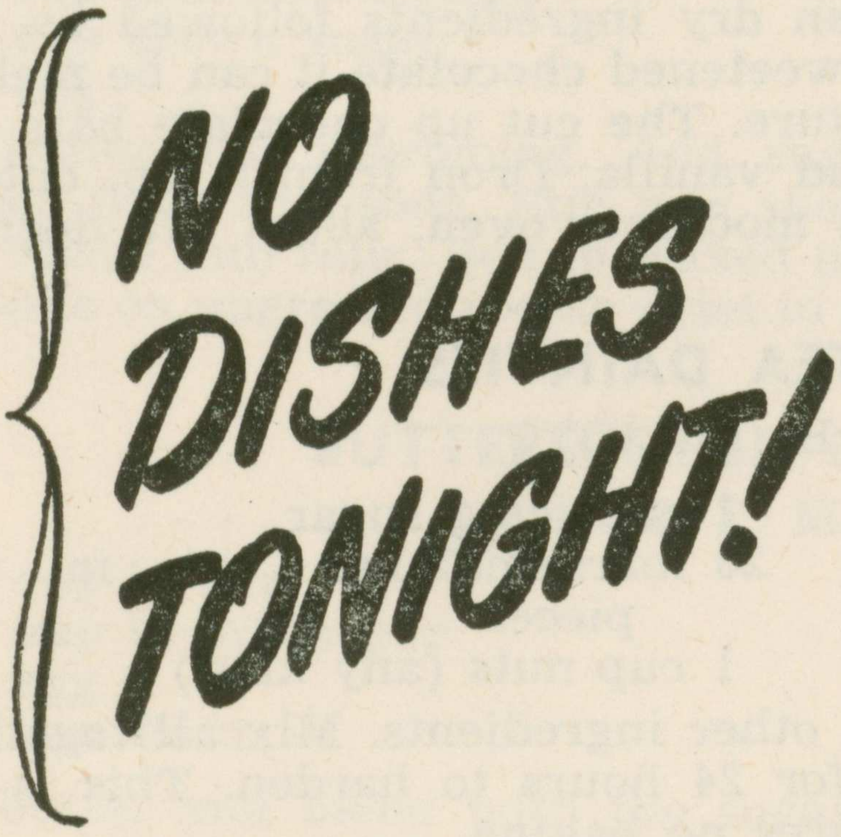

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CRUNCH COOKIES

By MRS. C. F. CHAMBERLAYNE

½ cup butter
½ cup shortening
1 cup brown sugar
1 egg
½ tsp. salt
2 cups sifted flour
½ tsp. soda
½ tsp. cream of tartar
1 cup fine coconut
Flavoring

Cream butter, shortening and brown sugar. Add well beaten egg. Sift flour, soda, cream of tartar and salt and add to above. Stir in coconut. Drop on greased cookie sheet. Bake in quick oven 12-15 minutes.

CREAM PUFFS

By MRS. PAUL CORRIGAN

1 cup cold water
½ cup butter
1 cup sifted all-purpose flour
4 eggs

Heat water and butter to boiling in a saucepan. Stir in flour and stir constantly until mixture leaves the pan and forms into a ball (about 1 minute). Remove from heat. Cool. Beat in eggs, one at a time and beat until the mixture is smooth and velvety. Drop from spoon onto ungreased baking sheet. Bake until dry in 400 degree oven, approximately 45 to 50 minutes. Allow to cool slowly. Makes 8 large puffs or 18 tiny puffs. Fill with whipped cream.

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COCOA BALLS

By MRS. R. S. SHIELDS

¼ cup cocoa
½ cup sugar
⅔ cup boiling water
¼ cup cocoanut
1 cup graham wafer crumbs

Mix cocoa and sugar, add boiling water and cook for 3 minutes. When lukewarm, add cocoanut and the graham crumbs.
Mix and roll in little balls; do not cook.

DATE BARS

By NAN FAREBROTHER

1½ cups dates, chopped
1 cup walnuts, chopped
½ cup brown sugar
2 tbsp. butter
4 tbsp. flour
2 eggs
Salt

Mix above ingredients together and spread on a greased cookie sheet. Bake 30 minutes at 250° F. Cut in strips while warm, roll in icing sugar.

DATE-FILLED COOKIES

By MRS. H. CHAPMAN

1 cup flour
1½ cups rolled oats
½ tsp. soda
½ cup brown sugar
½ cup shortening
1 tsp. salt
Thin cream
¼ tsp. each cinnamon and cloves if desired

1 cup dates
½ cup water

Mix dry ingredients thoroughly and mix with thin cream. Cut in rounds and put together with filling. Bake 15 minutes at 375° F.

FILLING

Mix dates and water together and simmer slowly until smooth.

DATE ROLLS

By MRS. T. ASKEW

2 lbs. pitted dates
1½ lbs. finest ground cocoanut
½ lb. glazed cherries
3 pineapple rings—glazed or any glazed fruit
2 eggs (unbeaten)
¼ lb. butter
1 tsp. vanilla
1½ cups white sugar
1 tsp. salt
¼ lb. walnuts if desired (broken but not rolled)

Cut up dates, cherries, glazed fruit and walnuts in mixing bowl. Add 1 lb. of cocoanut reserving ½ lb. dry in separate bowl for dipping. Drop in unbeaten eggs, sugar, salt, vanilla and soft butter. Mix well by hand. Take small pieces and roll into oblong shape. Drop in dry cocoanut and cover well. Bake in a slow oven on greased pan and watch closely. Bake until light brown. If mixture is too damp add a little more cocoanut. If too dry add another egg or small piece of butter.

DATE AND WALNUT DROPS

By N. BRIGGS

2 egg whites
2 cups icing sugar
2 cups chopped dates
2 cups chopped walnuts
½ tsp. salt

Beat the egg whites very stiff. Add sugar slowly, mixing well. Then add dates, nuts and salt. Drop by tsp. on buttered and floured cookie sheet. Cook in slow oven 275 degrees for 30 minutes.

DATE AND NUT SLICE

By MRS. MUNGO DUNCAN

1 tbsp. butter
⅓ cup sugar
2 eggs well beaten
⅔ cup flour
1 tsp. baking powder
¼ tsp. salt
1 cup chopped walnuts
1 cup chopped dates
1 tsp. vanilla

Cream butter and sugar. Add well beaten eggs. Add sifted flour, baking powder and salt. Then add walnuts, dates, and vanilla. Bake in thin sheet in cake tin, 300 to 325 degrees for 20 or 25 minutes. Ice with white icing, and cut in strips.

DREAM CAKE

By MRS. EDWARD LOWDEN

PART 1:
½ cup butter
1 cup sifted flour
½ tsp. baking powder
1 tbsp. brown sugar
Pinch salt
Cream and spread on buttered pan

PART 2:
1 cup brown sugar
1 egg
1 tsp. vanilla
4 tbsp. flour
1 cup chopped walnuts
Pinch salt
Mix this together and place on top of Part 1.

Bake in slow oven (300-325 degrees) for ¾ hour. When cool, spread with butter icing.

DREAM CAKES

By MRS. W. M. HILL

½ cup butter
1 cup brown sugar
1 egg
1 tsp. vanilla
2 tsp. cocoa
¾ cup chopped nuts
½ cup flour

Melt butter, add sugar and rest of ingredients in order given. Cook in moderate oven 15-20 minutes using a small pan. Ice with chocolate icing while still hot. Cut in bars.

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DUTCH DAINTIES

B. MRS. L. B. LUSBY

½ cup butter
¾ cup white sugar
½ cup sifted flour
1 tsp. baking powder
1 egg yolk
1 whole egg
Pinch salt

Cream butter and gradually blend in sugar. Beat and add the egg yolk and whole egg. Sift flour with baking powder and salt, and blend gradually into butter mixture. Place about 1 tablespoon of this mixture in each lightly greased small tart pan. Press out with finger tips to line both bottom and sides of pan. Do not have mixture too thick. Fill each tart with about 1 teaspoon of the following mixture.

FILLING

1 egg white
1 cup brown sugar
1 cup chopped dates
⅓ cup chopped walnuts
⅓ cup chopped candied cherries
½ cup bleached sultana raisins
1 tsp. vanilla

Beat egg white until stiff but not dry, and gradually beat in brown sugar. Add fruits, nuts, and vanilla, and combine mixture very thoroughly. Use to fill the lined tart tins. Bake in a moderately hot oven (375) until crust is delicately brown and the filling set. (About 15 minutes, depending on size of pan.)

GINGER BISCUITS

By MRS. E. R. LATTA

½ cup fine oatmeal
¼ cup flour
¼ cup butter
¼ cup brown sugar
¼ cup syrup
2 tsp. ground ginger

Bring butter, brown sugar and syrup to the boil. Then mix with oatmeal, flour and ginger. Let stand until the following day. Bake in slow oven 325 to 350 degrees about 8 minutes.

LEMON GRAHAM SLICE

By MRS. A. E. DAVIDSON

1¾ cup graham wafer crumbs
¾ cup of butter
½ cup white sugar
1½ cups desiccated cocoanut
2 tsp. baking powder
Pinch of salt

Sift flour and baking powder, rub in butter, add cracker crumbs, sugar and cocoanut. Spread half mixture on greased pan, add lemon filling and cover with the remaining mixture. Cook in moderate oven.
FILLING: 2 large eggs, rind of 2 lemons, 4 tbsp. lemon juice, ⅛ tsp. salt, 1 scant cup of sugar, and 1 tbsp. butter. Put all the ingredients in the top of a double boiler. Stir a little with woden spoon. Cook until the filling thickens.

LEMON SQUARES

By MRS. J. DRAKE

1½ cups flour
¾ cup butter

Rub to crumbs and pack in baking tin. Bake till golden brown in hot oven.

MIX:

½ cup cocoanut
1¼ cups brown sugar
½ cup rolled walnuts
¼ tsp. baking powder
Into this stir 2 unbeaten eggs

Place this mixture on the baked foundation and bake until light brown. When cool cover with a thin butter icing flavored with the juice of part of a lemon.

MADELINES

By MRS. L. CROCKETT

1 cup flour
1 tsp. baking powder
2 eggs
1 cup fine sugar
⅓ cup butter
Vanilla to taste
Apricot jam
Cocoanut
Cherries
Angelica

Have ready a large saucepan containing two or three inches of boiling water. Break the eggs into a basin, add the sugar, whisk together over the boiling water until lukewarm. Care must be taken to avoid overheating the mixture.

Remove the basin and whisk until the mixture is very thick and ropy. Add the butter and then the sieved flour, using a metal spoon, lightly cut and fold the flour into the mixture. This should be done thoroughly but lightly so that the air is not expelled.
Half fill greased Castle tins and cook in a fairly hot oven (390 degrees) for fifteen minutes or less.

Cool, and brush over with warm apricot jam and roll in cocoanut. Put half a cherry on each and leaves cut from strips of angelica.

If Castle tins are unavailable drop on heavy oiled paper, about a rounded teaspoon to each one.

MARSHMALLOW CHOCOLATE DROPS

By MRS. W. M. HILL

4 oz. chocolate
1 tbsp. butter
2 eggs
1 cup icing sugar
20 marshmallows
1 cup chopped nuts

Melt chocolate and butter over hot water. Beat eggs until lemon colored, add icing sugar. Add melted chocolate and butter to above. Add cut marshmallows and chopped nuts. Drop by tsp. on wax paper. Very good for afternoon teas or childrens party. To be made day before.

OATMEAL BARS

By MRS. E. R. FREY, Vancouver

½ cup shortening
¾ cup brown sugar
1 cup flour
½ tsp. baking powder
¼ tsp. salt
¾ cup milk
1 cup rolled oats
¾ cup seedless raisins or mixed dates and raisins

Cream shortening and sugar. Sift flour, baking powder and salt and add to creamed mixture, alternately with milk. Stir in rolled oats and raisins mixing well.

Spread in greased 8" x 8" pan. Bake in moderate over 350 degrees F for 45 minutes. When cool spread with butter icing.

ICING:

½ cup yellow sugar
2 tbsp. butter
3 tbsp. cream
1½ to 2 cups icing sugar
Vanilla

Melt the yellow sugar, butter and cream over heat and add icing sugar and vanilla.

OATMEAL COOKIES

By MARGARET R. FOURNIER

1 cup brown sugar
2 cups rolled oats
2 cups flour
½ cup butter or shortening
½ cup lard
1 tsp. soda in ¼ cup boiling water
½ tsp. salt

Mix ingredients together and drop by small teaspoonsful on buttered cookie tin. Flatten with fork.

ORANGE RAISIN COOKIES

By MRS. M. FRASER

½ cup shortening
1 cup sugar
2 eggs
¼ cup orange juice
1 tbsp. grated orange rind
1 cup raisins
2½ cups flour
½ cup rolled oats
1 tsp. soda
½ tsp. salt
1 tsp. allspice

Wash raisins in hot water and dry. Cream shortening with sugar. Add beaten eggs and orange juice. Combine rolled oats raisins and mix well. Add flour sifted with soda, salt and allspice. Mix well. Drop onto greased cookie sheet. Bake about 12 minutes at 375 degrees F. Makes about 4 dozen cookies.

PEANUT CHEWS

By NAN FAREBROTHER

2 egg whites
1 cup salted peanuts, whole
1 cup cocoanut
1 cup dates, chopped
4 tbsp. icing sugar
Pinch salt

Beat egg whites very stiff, add peanuts, coconut, dates, icing sugar and salt. Drop on greased pan, bake in slow oven 250°F for half hour.

PEANUT BUTTER COOKIES

By MRS. J. HYDE

2 cups shortening
2 cups brown sugar
1 cup white sugar
1 cup peanut butter
2 eggs
2 cups flour
2 tsp. soda
1 tsp. salt

Cream butter and sugar. Add peanut butter and mix well. Add eggs, beaten slightly; then dry ingredients. Roll into balls. Press with a fork, and bake 350 or 375 degrees for 10 to 15 minutes. (A double recipe).

PEANUT BUTTER COOKIES

By MRS. J. DRAKE, Los Angeles

½ cup white sugar
½ cup brown sugar
½ cup shortening
½ cup peanut butter
1 egg
1 tsp. vanilla
½ tsp. soda
½ tsp. salt
1½ cups general purpose flour

Cream the peanut butter and shortening. Add sugar, then the unbeaten egg and vanilla and beat well. Add the sifted dry ingredients. Roll into small balls; press flat with a fork (criss-cross). Bake in a 375° F oven for 14 minutes.

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PUFFED WHEAT SQUARES

By VIOLA COATHAM

4 tbsp. butter
4 tbsp. brown sugar
¼ cup syrup
Salt
1 tsp. vanilla
4 cups puffed wheat

Boil butter, sugar, syrup and salt for 4 minutes. Add vanilla. Put the puffed wheat into a greased bowl. Pour syrup over this, and mix, then press into a pyrex cake pan. Cut in squares and put into frigidaire. A few cherries may be added.

SALTED PEANUT COOKIES

By N. BRIGGS

1 cup butter or shortening
2 cups brown sugar
2 eggs
2 cups flour
½ tsp. baking soda
1 tsp. baking powder
½ tsp. salt
2 cups rolled oats
2 cups corn flakes
1 cup salted Spanish peanuts

Cream shortening and sugar well. Add eggs and beat well. Sift flour, soda, baking powder and salt together. Add to creamed mixture. Mix rolled oats, corn flakes and peanuts together, and add to mixture. Drop by teaspoon on greased cookie sheet.

Bake 15 minutes at 350 degrees or until light brown.

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SCOTCH SHORTBREAD

By MRS. WALTER JULIEN

1 cup butter (soften)
½ cup granulated sugar
2 cups flour
1 tbsp. corn starch

Blend the above ingredients together and cool overnight. Bake in oven 275 degrees for 1 hour for cake or 10-12 minutes for cookies at 375 degrees.

CHRISTMAS SHORTBREAD

By MRS. FRANK CURRIE

½ lb. butter
¼ lb. lard
¾ cup icing sugar
3 cups flour
½ tsp. salt

Sift flour, icing sugar and salt together and work well into butter and lard. Bake 350 degree oven until light brown.

SCOTCH SHORTBREAD

By MRS. W. L. ARCHIBALD

1 cup butter
½ cup icing sugar
2 cups flour (all purpose flour)

Cream butter and sugar. Add flour gradually until flour is used up. Continue kneading then pat out on floured board. Roll out and cut into shapes or fingers. Bake in a floured pan for 30 minutes 300 degrees. Best results are obtained by chilling in the refrigerator before baking.

SCOTCH SHORTBREAD

By MRS. RICHARD REID

½ lb. butter
1 cup flour
½ cup rice flour
½ cup sugar

Place butter on bread board and gradually work in sugar and flour alternately with hands. Knead well and shape in two rounds. Bake in slow oven until golden brown.

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UNCOOKED COOKIES

By MRS. J. QUINTON CRAWFORD

2 cups marshmallows
½ cup dates
½ cup cherries
1 cup chopped nuts

Cut Marshmallows in double boiler. Melt. Mix in cut dates, nuts and cherries. Make into balls and roll in shredded cocoanut.
Leave to set on waxed paper.

VANILLA CHIP COOKIES

By MRS. FRANK CURRIE

1 cup shortening
½ cup white sugar
½ cup brown sugar
1 egg slightly beaten
½ tsp. baking powder
½ tsp. cream tartar
2 cups flour
¼ tsp. salt
¾ cup fine cocoanut
1 cup chocolate chips
1 tsp. vanilla

Cream shortening and sugar. Add egg, then dry ingredients. Flatten with fork dipped in cold water. Bake in 350° oven.

WALNUT SLICE

By MRS. E. M. GUEHO

1 cup flour
½ cup butter
2 tbsp. brown sugar

Mix the above ingredients together, press into buttered pan and bake in moderate oven until light brown. Then add topping.

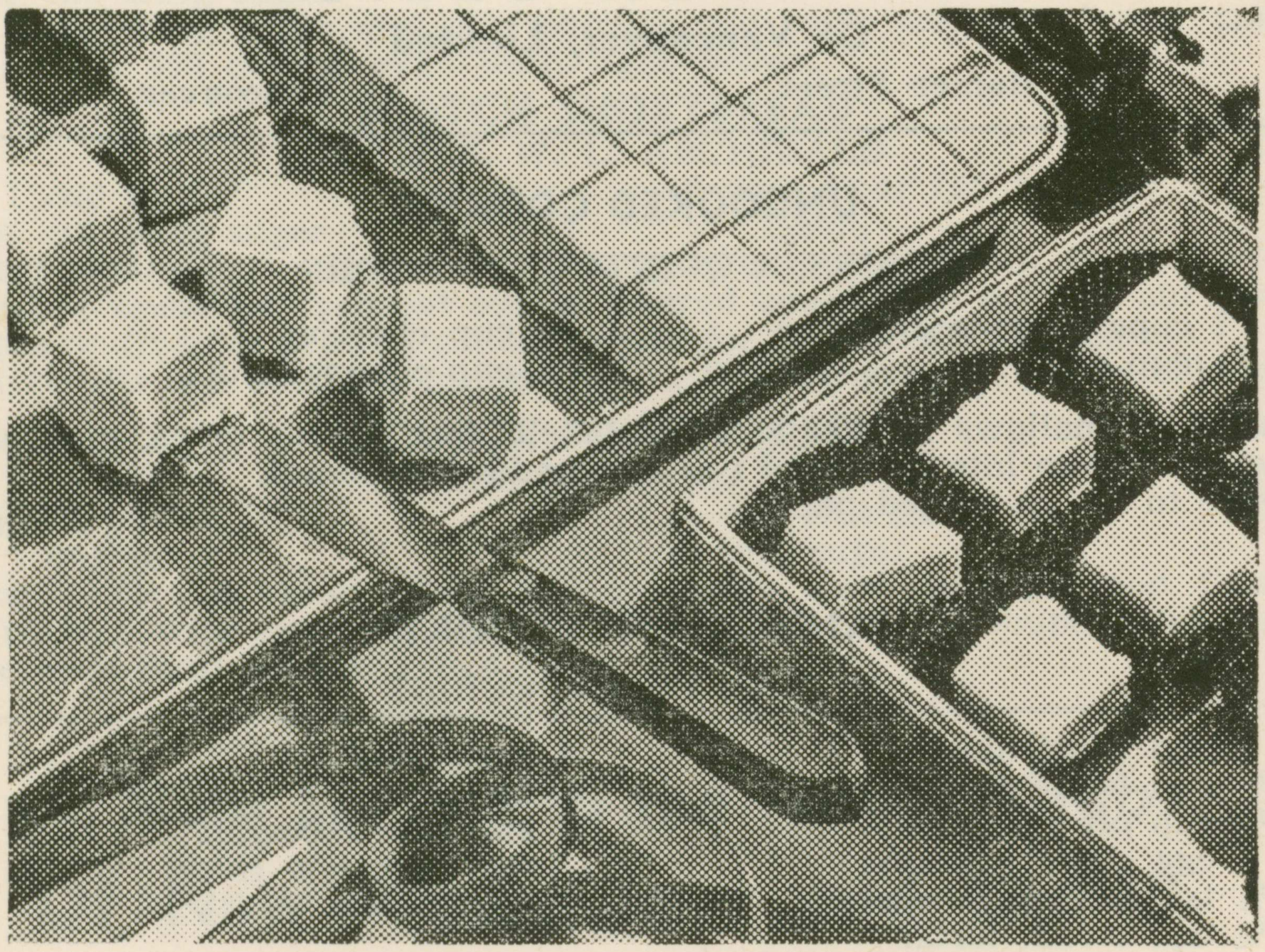
Topping:

2 eggs
Vanilla
¼ cup cocoanut
1 cup walnuts
2 tbsp. flour
½ tsp. baking powder
1½ cups brown sugar

Beat the eggs and vanilla until creamy, then add other ingredients. Spread on first mixture and bake again in slow oven 30 to 45 minutes.

. . . Candy . . .

"Cooking is a fine art to which you must bring sense and judgment."



ALMOND CREAM CHEESE FUDGE

1 4-oz. pkg. cream cheese
3 cups sifted confectioners' sugar
¼ tsp. almond flavoring
Dash of salt
½ cup chopped almonds

Place the cheese in a bowl and cream it until soft and smooth. Slowly blend the sugar into it. Add the almond flavoring, salt and chopped nuts and mix until well blended. Press into a well greased shallow pan. Place in the refrigerator until firm and cut into squares.

BUTTER MINTS

By MRS. R. G. KELL

½ cup water
2 cups sugar
½ cup butter (¼ lb.)

Put in covered pan and cook covered until hard crack stage in water. Remove. Pour on chilled greased platter. Cool until can be handled. Butter hands and pull, adding few drops of peppermint until creamy consistency and roll in spiral and cut with scissors.

These just melt in your mouth.

BUTTER CRUNCH CANDY

By MRS. A. HUNTER

1 cup butter or margarine
1 cup sugar
2 tbsp. water
1 tbsp. light corn syrup
¾ cup chopped nuts
4 oz. semi-sweet chocolate

Melt butter over low heat, add sugar, mix well. Return to low heat, stir until it begins to bubble, then add water and corn syrup. Mix well. Stir frequently until small amount becomes brittle when dropped in water (290 degrees). Remove from heat, add nuts and pour on greased cookie sheet. When cool spread half of melted chocolate on one side, and when that sets, turn candy over and spread chocolate on other side.

CHOCOLATE MARSHMALLOW FUDGE

By MRS. A. E. DAVIDSON

2 cups white sugar
½ cup of evaporated milk
2 squares semi-sweet chocolate
Small piece of butter
⅓ cup of corn syrup
6 chopped marshmallows
1 tsp. vanilla

Combine sugar, milk, chocolate, butter and bring to the boil. Add corn syrup. Stir. Boil 7½ minutes, or until soft ball stage. Cool slightly and add marshmallows and vanilla. Beat.

COCOANUT ICE CANDY

By MRS. W. L. ARCHIBALD

2 cups white sugar
¼ tsp. cream of tartar
¾ cup milk
½ lb. of cocoanut

Bring the sugar, milk and cream of tartar to the boil and simmer for 15 minutes. Remove from fire and stir in cocoanut. Turn out on greased plate or pan. One half the mixture may be colored pink and the other white and the two layers put together. No beating is required. This is an English recipe for candy. Delicious and never fails.

———————//////———————

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CREAMY CARAMELS

By MISS BERNICE GRAHAM

1½ cups white sugar
1⅓ cups white syrup
1 tin condensed Eagle brand milk
4 tbsp. cornstarch
4 tbsp. flour
Scant ½ lb. butter

Blend butter, flour and cornstarch and set aside. Mix sugar, syrup and milk in large flat bottomed skillet. Blend and stir constantly over low heat (burns easily). Cook till golden brown (about 25 minutes), then add butter mixture. **Do not cook after butter mixture** has been added. Stir until well blended and pour into buttered pan.

DIVINITY FUDGE

By MAY REID

3 cup white sugar
⅔ cup corn syrup
¾ cup boiling water
2 egg whites
½ tsp. vanilla
½ cup chopped nuts

Put sugar, syrup and water into a saucepan. Heat slowly stir until sugar is dissolved. Boil to firm-ball stage—250 degrees. Cool slightly. Beat egg whites stiff. Gradually add the syrup. Continue beating until mixture begins to thicken. Add nuts. Pour into buttered pan. (Mixture may be dropped from a teaspoon on buttered pan. Place bowl over hot water to keep mixture soft.)

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DIVINITY NUT ROLLS

By MRS. R. R. HARPER

2 cup white sugar
½ cup water
½ cup light corn syrup

Boil until a drop of syrup becomes very brittle in water. Pour slowly into stiffly beaten whites of 2 eggs. Beat vigorously at intervals till cool then shape with hands. When these are cool and dry, make the following.

½ cup butter
5 tbsp. lily white syrup
½ cup condensed milk (a thin brand will not do).

Boil for about 15 minutes stirring constantly. Take each roll, from first mixture, and dip into second mixture, using a fork to turn the rolls. Roll in nuts.

FOAM TOFFEE

CONTRIBUTED

4 tbsp. sugar
4 tbsp. syrup
1 tbsp. baking soda

Boil sugar and syrup for seven minutes. Take from fire and stir in one large tbsp. of baking soda. (Use a fairly large saucepan as it froths a good deal.) Pour into a deep greased dish. Let cool.

HUNGARIAN NUT SQUARES

By MRS. LOUISE KAROWAY

½ cup butter
2 egg yolks
1 tsp. vanilla
¾ cup brown sugar
1½ tsp. baking powder
1¼ cups all purpose flour
1 cup brown sugar

Mix above ingredients. Spread in pan and sprinkle with chopped nuts. Beat egg whites until fairly stiff, stir in brown sugar and 1 tsp. corn-starch. Spread over nuts and bake in slow oven for 30 minutes.

LADY MAYOR'S FUDGE

By MRS. F. H. (TOBY) JACKSON

1 cup brown sugar
1 cup white sugar
½ cup milk plus ¼ cup corn syrup in cup, make up to full cup with butter
1 tsp. cocoa (heaping)
1 tsp. vanilla

Boil ingredients except cocoa and vanilla together for 2½ minutes. Add heaping tsp. cocoa and boil at moderate boil for 5 minutes longer. Add 1 tsp. vanilla and beat until creamy.

MAPLE CREAM FUDGE

By MAY REID

3 cup light brown sugar
1 tbsp. corn syrup
⅔ cup milk
½ cup chopped nuts
½ tsp. vanilla
2 tbsp. butter

Put sugar, syrup, milk and butter into a saucepan; heat gently, stirring until sugar is dissolved. Boil without stirring to soft-ball stage—234 degrees. Remove from heat; cool gradually; beat until creamy. Add nuts and vanilla; pour into buttered pan. Mark in squares before it hardens. (Note: To overcome the acid of brown sugar which may cause curdling of the milk, a few grains of baking-soda may be added to the sugar.)

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NUT ROLL

By MRS. E. MANNERING

FONDANT:

½ cup condensed milk
2 tbsp. soft butter
¼ tsp. salt
½ tsp. vanilla
2½ cups (or more) sifted icing sugar
½ cup chopped glaced cherries (red and green)

Blend soft butter into condensed milk. Add salt and vanilla. Work in gradually the sifted icing sugar. Add cherries. Shape in rolls about 1½"x4". Chill.

COATING:

3 tbsp. golden corn syrup
Combine in heavy pan
1 cup brown sugar
⅔ cup condensed milk (Borden's)
½ cup butter

Stir constantly over low heat until a firm ball is formed in cold water. Cool slightly and dribble over chilled fondant rolls. Roll each one as it becomes coated in crushed nuts. Reshape and chill again. Cut in slices. Combine in heavy pan:

STUFFED DATES

By MRS. L. CROCKETT

Remove stones from dates, and refill with nut meats—almonds are particularly good, but other nuts such as walnuts, may be used. Roll in fine sugar.

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CELERY and TOMATO RELISH

By MRS. H. CHAPMAN

2 stalks of celery
15 large ripe tomatoes
2 red peppers
2 onions
1½ cups vinegar
2 tbps. salt
8 tbsp. brown sugar

Chop fine and cook about 1½ hours. Bottle.

CHILI SAUCE

By VIOLA COATHAM

1 cup vinegar
16 large ripe tomatoes
2 large onions
4 green peppers
⅔ cup brown sugar
1 tbsp. salt
1 tbsp. whole cloves
2 tbsp. cinnamon stick (broken)
1 tbsp. whole allspice
1 tsp. nutmeg

Wash tomatoes. Slice into a pan. Put spices into a bag. Add other ingredients and boil slowly for 2½ hours or until fairly thick. Put into bottles and seal. Onions may be put through chopper.

CRANBERRIES

By P. I. MALCOLM

3 cups cranberries
1½ cups sugar
2 cups water

Boil sugar and water together for 5 minutes. Add cranberries and boil for 5 minutes more. Remove from fire. Keeps berries firm and flavorful.

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CUCUMBER RELISH

By MRS. J. A. REID

Peel 7 large Cucumbers and 5 large onions. Put through food chopper and sprinkle with salt. Let stand 2 hours then drain off liquid.

Make a paste of:

- 3 cups brown sugar
- ½ cup flour
- 2 cups water
- 2 cups vinegar
- 3 tsp. Tumeric powder
- 1 tsp. ginger
- 1 tsp. pepper

Boil 5 minutes, then add cucumbers and onions. Boil for 20 minutes and seal.

Good on meat or for sandwiches.

GREEN TOMATO PICKLE

By MRS. M. R. FOURNIER

- 4 lbs. apples—pared and cut in quarters
- 4 lbs. green tomatoes—pared and sliced thin
- 4 lbs. (or less) brown sugar
- 1 qt. (scant) white wine vinegar

Sprinkle ½ cup salt on sliced tomatoes (layer by layer). Let stand overnight. Drain next morning then put 1 cup vinegar over them. Scald well and pour off. Add apples, sugar, **scant** quart of vinegar. ½ tsp. ginger, 1 tsp. cinnamon, 1 tbsp. whole cloves in bag. Cook slowly till fruit is tender (about 2 hours). Pour into sterile jars and seal. Makes about 7 pints.

MEAT RELISH

By MRS. K. SNELL

- 2 qts. green tomatoes
- 1 qt. onions
- 2 qts. cucumbers
- 1 bunch celery
- 1 cauliflower
- 3 to 6 red peppers (as you prefer)

Put through the food chopper and let stand overnight in two quarts of water and one cup of salt. Drain and add following dressing cooked in double boiler:

- 4 cups sugar
- 1 cup flour
- 1 ounce tumeric
- ½ ounce mustard
- ½ ounce celery seed
- 3 pts. vinegar

Cook all until tender.

MINCED MUSTARD PICKLES

By MRS. R. G. LEGGE

- 1 qt. onions
- 1 qt. cauliflower
- 1 qt. cucumbers (ripe)
- 1 head celery

Soak in salt overnight. Drain and put all vegetables through chopper.

- 1 pt. vinegar (white)
- 4 cups white sugar
- 1 cup flour
- 2 tbsp. tumeric
- ½ tsp. cayenne
- 2 tbsp celery seed
- 1½ tbsp mustard seed

Add sugar to vinegar. Mix flour with a little cold vinegar. Combine rest of mixture and cook until thick. Add vegetables then boil ½ hour. Bottle.

MUSTARD PICKLES

By MRS. R. G. LEGGE

2 doz. small cucumbers
4 large onions
1 large cauliflower
3 red peppers
3 green peppers
3 doz. small pickling onions
2 heads celery

Cut above in small pieces. Let stand overnight in salt brine. Drain in morning. Standard brine is 3 cups water 1 cup rock salt.

4 cups white sugar
¾ oz. mustard seed
1½ cups flour
¼ oz. celery seed
¼ cup mustard
3½ tsp tumeric powder
½ gal. white vinegar

Make paste of flour and a little cold vinegar. Add to hot vinegar with remaining spices and the sugar. Boil for a few minutes before adding drained vegetables. Do not cook after vegetables have been added. Mix mustard sauce and vegetables well and seal while hot.

PULSIFER PICKLE

By MRS. PULSIFER

1 pt. cucumbers
1 pt. onions
1 pt. cauliflower
3 red peppers
3 green peppers

Put through food chopper. Add 4 cups water and 1 cup salt. Let stand overnight, then drain off water.

Add following sauce and cook for 5 minutes:

3 cups vinegar
3 cups water
1 cup sugar
½ cup flour
½ tbsp. tumeric
1 tsp. celery seed
4 tbsp. mustard

Bottle at once and cover with paraffin wax.

———//////———

Peter Piper Picked a Peck of pickled peppers.

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TOMATO RELISH

By MRS. W. JULIEN

24 med. ripe tomatoes (peel)
4 med. green tomatoes
5 large onions
3 red peppers
3 green peppers

Place these spices in bag:

1 tbsp. cinnamon bark
1 tbsp. whole allspice
2 cups granulated sugar
2½ cups white sugar
1 tsp. whole cloves
2 tbsp. coarse salt
2 pieces root ginger chopped

Cook vegetables for 1 hour then add remaining ingredients and boil 1 hour longer.

PICKLED WALNUTS

By MRS. R. W. BALLANTYNE

Pick walnuts about July 12. Soak in strong brine (3 cups salt to 4 qts. water) for 9 days. Spread on canvas covered with brown paper and place in sun to darken. Keep stirring until uniform in colour. Place in dry jars leaving room for swelling.

Boil together mixed spices and vinegar (2 tbsp. mixed pickling spice to 6 cups white vinegar) and pour boiling water over nuts and seal. Do not use for one month.

Be sure to wear rubber gloves!

LEMON CURD

By MRS. J. QUINTEN CRAWFORD

2 eggs
2 lemons
2 tsp. butter
1 cup white sugar

Beat eggs, add other ingredients. Put all in double boiler and cook until thick.

MOTHER'S STRAWBERRY PRESERVES

By The Late MRS. JAMES McGEER

3 cups strawberries
1 scant cup sugar

Hull strawberries and use above proportions. Put them on a large platter or in preserving kettle. Sprinkle sugar on berries as they are hulled. Let stand over night. Bring slowly to a boil and boil about three minutes. Bottle in sterile pints and seal. Use a little more sugar for wild black berries. Prepare and cook the same way.

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PEAR CONSERVE

By MRS. N. H. McQUARRIE

12 lbs. pears (before peeling)
¾ lbs. crystallized ginger
4 or 5 lemons
4 lbs. sugar

Cut the pears into small pieces. Boil the lemons until soft enough to stick a pin into, and cut into small pieces. Cut the ginger into small pieces, mix all well together with sugar, and boil two hours.

PEAR GINGER

By MISS P. I. MALCOLM

8 lbs. pears (firm, not over-ripe)
¼ lb. preserved ginger
4 lbs. sugar
4 lemons
½ tbsp. ground ginger

Remove stems from pears, wipe, quarter and core. Chop in small pieces, do not skin. Add sugar and ginger and stand over night. In morning, add lemons, cut in small pieces, rejecting seeds. Cook slowly three hours or until thick.

———————//////———————

Aloft on the bough the fair fruit hung,
Caressed by the wind and kissed by the sun
And standing below as it swung out of reach

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Beverages

COCOA
By COLUMBIAN KITCHEN

½ tbsp. cocoa
2 tbsp. dried milk
1 tbsp. sugar
2-3 cups hot water
Speck salt
⅛ tsp. vanilla
Marshmallows or whipped cream

Use this amount for each cup. Mix dry ingredients. Add hot water, gradually. Then vanilla. Heat piping hot. Then beat until frothy. Top each cup with a marshmallow or a teaspoon of whipped cream.

COFFEE FOR 100

2 lbs. medium ground coffee
5 gallons boiling water
1 tsp. salt

Tie coffee loosely in cheesecloth bag. Drop bag in boiling water. Add salt and cover tightly. Keep just under boiling point for 10 minutes. This amount requires 1 pound loaf sugar, 2½ quarts coffee cream.

PERCOLATED COFFEE

Allow 1 tablespoon coffee to each cup of water. Place desired amount of coffee in container. Add required amount of boiling water, and allow to percolate until color shows desired strength.

FRUIT SALTS
CONTRIBUTED

Mix well and keep dry in a well corked jar. Use 1 to 2 teaspoons in a glass of water.

¼ lb. cream of tartar
¼ lb. carbonate of soda
¼ lb. tartaric acid
¼ lb. powdered sugar
¼ lb. Epsom salts
2 oz. magnesia

FRUIT PUNCH
By HELEN GRIMMER

2 cups white sugar
1 cup water
1 cup tea infusion
1 large bottle ginger ale
2 cups strawberry syrup
Juice of 5 lemons
Juice of 5 oranges
1 can grated pineapple (or pineapple juice)
Iced water to make 1½ gallons

Boil sugar and water for 10 minutes, then add tea, fruit juices, pineapple and syrup. Let stand one-half hour. Strain and add sufficient ice water to make one and one-half gallons liquid. Pour into punch bowl over a large piece of ice, and add ginger ale. Serves 50 persons.

LEMON SYRUP
By MRS. G. HERRON

5 lemons
2 oz. citric acid
1 oz. tartaric acid
½ oz. (2 tbsp.) epsom salts
5 pts. boiling water
5 lbs. white sugar

Put sugar in bowl. Add acids, salts, juice and rind of 5 lemons. Pour boiling water over this and let stand at back of stove until dissolved. Do not boil. Strain and bottle.
Use as needed—2 tbsp. to a glass of cold water.

TEA

Place tea in scalded earthenware teapot, allowing 1 teaspoon of tea to each cup of **freshly** boiling water. Let stand 3 to 5 minutes without boiling, then pour at once. If tea is to stand longer than 5 minutes, it should be poured off leaves into another heated teapot, as oversteeping causes bitterness.

ICED TEA

By COLUMBIAN KITCHEN

Tea
Boiling water
Mint leaves or lemon
Sugar

Placed shaved ice in tall glasses. Make very strong tea. Sweeten it in the pot. Pour over ice and garnish with mint leaves or lemon slices.

TEA FOR 100

½ pound tea
5 gallons boiling water

I gallon of water is sufficient for 24 persons.
1 pound of loaf sugar will serve 100 cups of tea.
1½ quarts of table cream will suffice for that number.

Tie tea loosely in cheesecloth bag. Place bag in kettle of boiling water. Cover tightly. Decrease heat so water will not boil. Infuse for eight minutes.

MOCHA

By COLUMBIAN KITCHEN

1 square chocolate
2 tbsp. sugar
½ cup boiling water
1½ cups scalded milk
Speck salt
⅛ tsp. vanilla

Add hot water to chocolate, sugar and salt. Heat until chocolate is dissolved. Then boil 2 to 5 minutes. Add hot milk and vanilla. Add this, half and half to strong coffee. Add additional sweeting to taste. Serve in small cups with whipped cream.

RASPBERRY VINEGAR

CONTRIBUTED

Place 3 quarts raspberries in a crock and add 1 quart white wine or cider vinegar. Let stand 24 hours or longer and strain. Pour liquid over 3 quarts fresh raspberries and let stand another 24 hours. Strain and add 1 cup of white sugar to each cup of juice. Boil 20 minutes, skimming well. Bottle when cold. Serve 1 part vinegar to 4 parts water.

SUMMER DRINK

By MRS. K. R. MATHESON

1 oz. citric acid
3 oranges
1 lemon
4 cups sugar
4 cups boiling water

Let stand 24 hours before using.

"A delicate odor as ever hit my nostril."—SHAKESPEARE.

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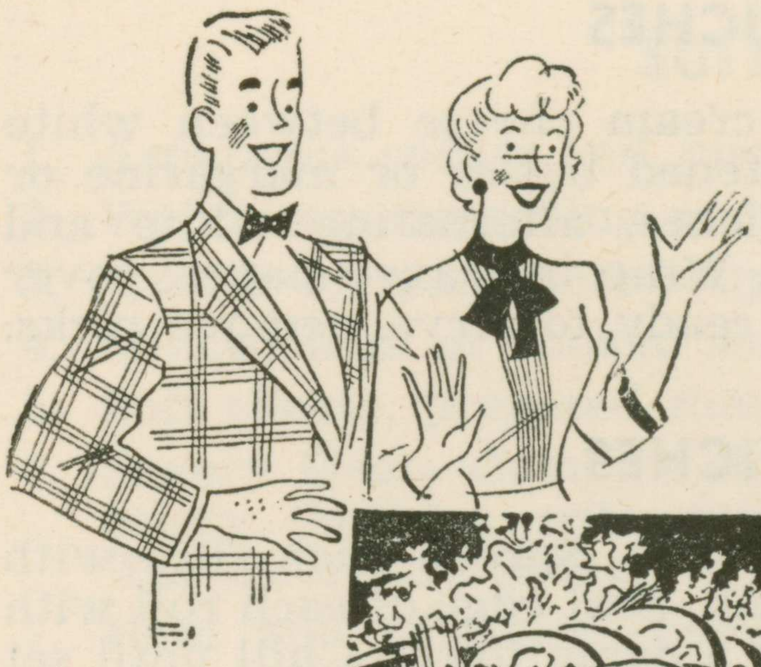

Hostess

SANDWICHES

All sandwiches, plain or fancy, small or "man-sized," should be made of fresh or day old bread, but day old bread will slice more easily.

OPEN FACE SANDWICHES

Slice white or wholewheat bread ¼" to ⅜" thick and cut in fancy shapes with cookie cutters. Spread with creamed butter and any desired filling. Circles may have slices of small tomatoes, cucumber or egg. Garnish attractively with sliced olives, mayonnaise rosettes, chopped parsley, caviar, mandarin oranges, etc.

PINWHEEL SANDWICHES

INGREDIENTS—Cheese spreads, tinted or plain, egg, meat or peanut butter fillings are suitable for rolled sandwiches. Centre of rolls may be made of stuffed olives, gherkins, carrot strips, green or red cherries, stuffed dates or bananas.

METHOD—Use fresh bread and slice loaf thinly lengthwise. Remove all crusts and gently roll each slice with a rolling pin. This will help to flatten bread sufficiently to prevent cracking when it is rolled. Spread the bread with soft filling to within 1" of one end. Spread this 1" strip with butter. Arrange olives end to end along the opposite edge from the butter and roll up like a jelly roll. Dampen a tea towel and wrap it around the finished rolls. Chill thoroughly and cut in ¼" slices with a sharp knife.

Note: A small loaf cuts into 8 or 9 rolls which makes 6 to 8 pinwheels each. Approximately 4 dozen pinwheels.

RIBBON SANDWICHES

Spread softened butter or margarine or cream cheese between white and whole-wheat bread slices. Spread softened butter or margarine or cream cheese between each two sandwiches, alternating white and whole-wheat bread. Press firmly together. Wrap in waxed paper; cover with damp cloth. Chill thoroughly. When ready to serve, remove picks.

ROLLED SANDWICHES

Slice fresh bread thinly and remove all crusts. Spread each slice with butter then filling and roll up like a jelly roll. Seal edge of each roll with butter and wrap them in waxed paper and a damp towel. Chill until set before toasting or serving plain. Each roll may be cut in half if a daintier sized sandwich is desired.

TOASTED ORANGE SANDWICHES

By MRS. F. C. LINDSAY

Wash and grind one orange, removing seeds. Add 4 tablespoons sugar. Spread between buttered bread and brown on both sides under broiler.

SAVORY SANDWICH SPREAD

By MRS. W. A. ROBERTSON

4 eggs
¼ lb. butter
2 tbsp. mustard
½ tsp. salt
¾ cup vinegar
⅓ cup granulated sugar
1 tin Pimento
½ small onion
2 green peppers
¼ lb. or 1 cup grated cheese

Cook the first six ingredients in a double boiler until thick. Then add pimento, onion and peppers which have been put through a meat chopper and then the grated cheese. Cook again till the cheese is melted. Put into sterilized jars and seal.

COCKTAIL SPREAD

By L. M. DYNES

1 can crab
2 packages cheese, mix until soft
Add 2 tbsp. mayonnaise, a pinch of salt
1 tbsp. horseradish
2 shakes tabasco sauce
1 tsp. grated onion.

Mix thoroughly.

EASY COMBINATIONS FOR SANDWICH FILLINGS

CHEESE—Soft varieties of cheeses are mashed well with a fork and combined with salad dressing or cream. To this softened mixture any of the following may be added.

1. Chopped hard cooked egg, chili sauce and chopped pickle.
2. Chopped crisp bacon and sweet relish.
3. Onion juice and finely chopped walnuts.
4. Chopped raisins or dates and chopped nuts.
5. Jellies, jams or marmalades (spread on one slice of bread and cover with another slice spread with softened cheese mixture).

SUITABLE FILLINGS

1. Asparagus spears and mayonnaise.
2. Watercress, seasoning and salad dressing.
3. Cream of mushroom soup, grated cheese, toasted.
4. Minced ham or cooked sausage, chili sauce, toasted.
5. Soft cheese, prepared mustard, toasted.
6. Savory Meat—Combine chopped cooked or canned meat with chopped celery. Moisten with mayonnaise or salad dressing. Season with Worcestershire sauce.
7. Ham and Chutney—Combine ground cooked or canned ham and chopped chutney. Moisten with mayonnaise or salad dressing.

CELERY

1. Separate stalks from one bunch of celery, wash and dry thoroughly. Fill each stalk with mashed and softened cheese (any variety) and put stalks together. Tie firmly and chill. Slice crosswise in ½-inch slices.
2. Fill 2" celery pieces with cream cheese plain or tinted if desired; minced ham, pickle and mayonnaise; or chopped nuts, olives, flaked tuna fish and mayonnaise.

CHEESE BEEF STICKS

Cut American cheese in sticks 2"x⅜". Wrap each stick in dried beef square. Place 3" below broiler unit or tip of flame; broil until cheese is slightly melted. Serve with picks.

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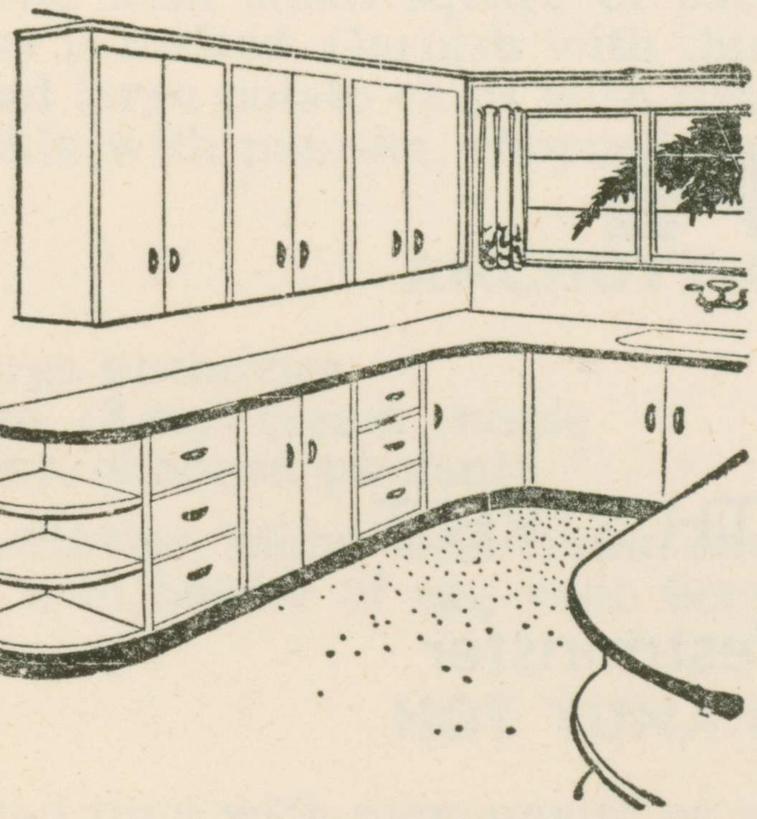

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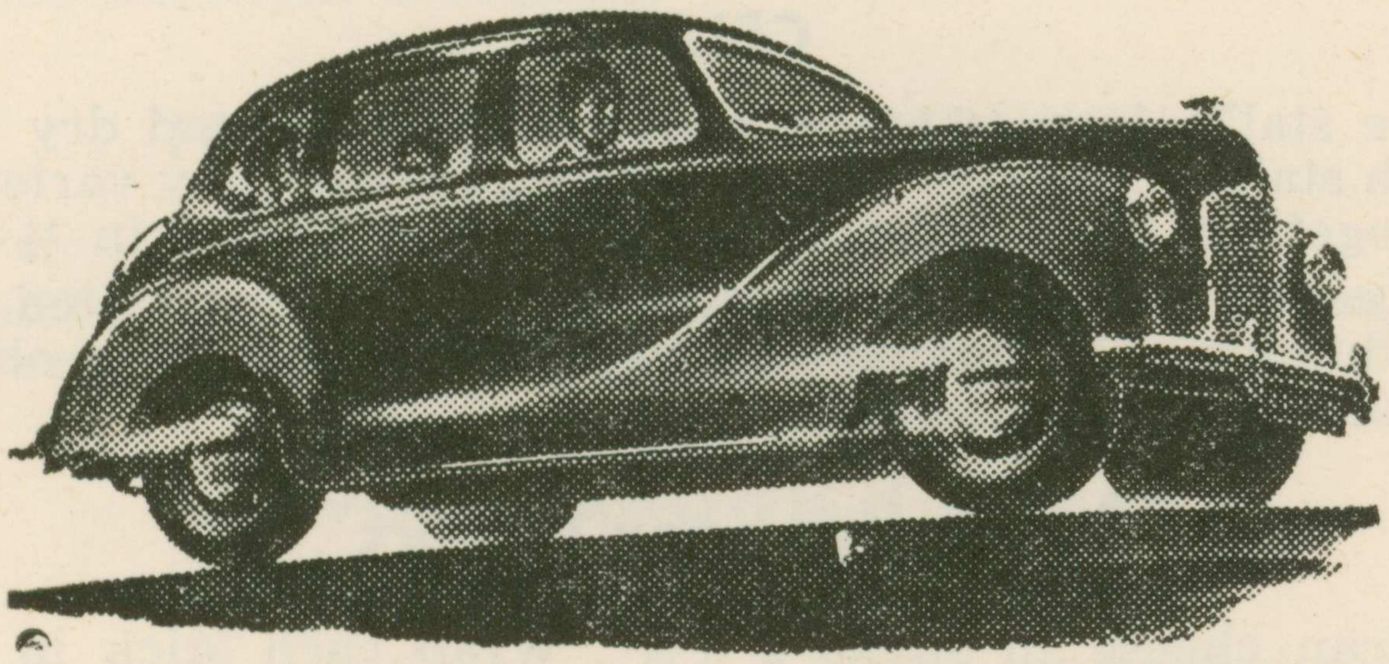

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CHEESE ROLLS

Blend cottage cheese and milk to smooth paste. Season with grated onion, salt and pepper. Form into small balls. Roll in chopped parsley. Chill. Serve with picks.

CRISPY CHEESE PUFFS

By C. S. REID

½ cup butter
1 egg, separated
¼ lb. grated cheese
½ tsp. salt
½ tsp. dry mustard
½ tsp. paprika
¼ cup bran
24 1½-inch cubes of fresh bread (cut from unsliced loaf)

Cream butter, add egg yolk and mix well. Add cheese, seasonings and bran; mix thoroughly. Add stiffly beaten egg whites and blend well. Spread mixture on five sides of bread cubes. Arrange on baking sheet. Bake in a moderate oven (350 degrees F.) 12 to 15 minutes.

NIPPY CHEESE DIP

By MRS. M. E. STEVENSON

1 3-oz. package cream cheese
3 oz. blue cheese
1 tbsp. minced onion
5 tbsp. chopped ripe olives
1 tbsp. Worcestershire sauce

Mash cream cheese with a fork. Add crumbled blue cheese and sauce to make of spreading consistency. Add onion and chopped olives. Mix thoroughly. Pile lightly in bowl, sprinkle with paprika and surround

CANAPES

1. Top toast fingers with savoury mustard butter and small whole sardines. Garnish with strips of pimiento and pepper cress.
2. Spread bread shapes with a mixture of cream cheese and chives, top with sliced stuffed olives.
3. Spread toast circles with peanut butter, sprinkle with grated cheese and top with small square of bacon. Broil until bacon is crisp and cheese is melted. Garnish with thin slices of gherkins.
4. Spread large potato chips with fish, egg, meat or cheese mixtures and sprinkle with paprika, chopped parsley or nuts.

ANCHOVY CANAPES

4 large anchovies
1 pkg. (3 oz.) cream cheese
2 tbsp. chopped pimiento
8 toast rounds
Sieved hard-cooked egg yolk

Mash anchovies; blend with cream cheese and pimiento. Spread on toast. Garnish with border of egg yolk. Serves 8.

HOT TUNA CANAPES

Mix flaked tuna with mayonnaise or salad dressing; add chopped stuffed olives. Season with Worcestershire sauce. Spread on toast strips; sprinkle with grated American cheese. Place under broiler unit or burner until cheese is melted. Serve hot.

HORS D'OEUVRES

Imagination and patience are assets for the hostess who wants to serve these tasty tit-bits. They can be simple or intricate as you wish, depending on your time and budget. The following are simple and colourful suggestions. Use them as a guide for your own originality.

ROLLED HORS D'OEUVRES

HAM ROLLS—Spread thin slices of cooked ham with a mixture of 3 ounce package of cream cheese, 2 tbsp. chopped olives, 1 tsp. horseradish, 2 tbsp. cream or mayonnaise. Roll up and fasten with toothpicks. Rolls may be chilled and cut in ½-inch slices then stuck with cocktail picks to be served in a holder. When making these tiny rolls omit a little of the cream or mayonnaise as cheese mixture should be stiffer.

DRIED BEEF ROLLS—Spread thin slices of dried beef with a mixture of cream or cottage cheese and relish or spread with prepared mustard and a lightly seasoned chopped egg filling.

Hors D'Oeuvres to Serve on Tooth Picks

1. Olives stuffed with cheese, nuts or meat spreads.
2. Nut meats put together in pairs with a small ball of cream cheese or well seasoned cheese.
3. Cubes of ham, lunch meat, cheese, with tiny olives, onions or sweet pickle slices.
4. Pineapple cubes spread with cream cheese and rolled in nuts.
5. Wrap bacon around oysters or shrimp. Broil until bacon is crisp and serve hot.

ASPARAGUS TIP ROLLS

Cut fresh bread in thin slices; remove crusts. Spread slices with prepared mustard; wrap each around well-drained cooked or canned asparagus tip. Fasten with pick. Wrap in waxed paper; cover with damp cloth. Chill thoroughly. When ready to serve, remove picks.
Note: These are attractive when the bread is rolled cornerwise and the rolls cut in half, and are especially so when the tips are dotted with mayonnaise coloured yellow with food colouring.

STUFFED EGGS

Shell 8 hard cooked eggs, cut in halves and remove yolks and mash. Add 1 cup flaked cooked lobster, ½ cup chopped walnuts, ½ cup chopped celery, 2 tbsp. minced green pepper, 1 tsp. lemon juice, ¼ tsp. salt and mayonnaise to moisten. Stuff whites with mixture. Serve on platter garnished with pimiento strips.

VARIATIONS—To the mashed egg yolk may be added:

1. Mashed anchovies, chopped parsley, chopped celery and mayonnaise.
2. Mashed or grated cheese, chopped green pepper, chopped nuts, worcestershire sauce and salad dressing.
3. Chopped meats such as chicken livers, ham, sausage, chicken, crisp bacon, or meat loaf, combined with chili sauce, prepared mustard and salad dressing.
4. Chopped rice or stuffed olives, cottage cheese, chopped mushrooms, tabasco sauce and mayonnaise.

GARNISHES FOR EGG HALVES — Sliced olives, radishes, pickles, pimiento or green pepper strips, pearl onions, grated cheese and parsley.

ZESTY ROQUEFORT CHIPS

Mash Roquefort-style cheese; mix to smooth paste with cream cheese. Season with ketchup. Spread on potato chips. Garnish with stuffed olive slices.

GARNISHES

Red—Tomatoes, beets, radishes, red jelly, cranberries, pimiento, cherries, apple, food colouring.

Green—Gherkins, parsley, lettuce, endive, green pepper, watercress, olives, chives, asparagus, mint, food colouring.

Black—Ripe olives, prunes, pickled walnuts, caviar.

White—Celery, cottage or cream cheese, sweet or sour onions, hard cooked egg white, coconut.

Brown—Peanut butter, chopped nuts, dates, figs, potato chips.

Pink—Chopped ham, shrimp, salmon and lobster, caviar, food colouring.

SUPPLIES

When estimating supplies remember that:

1. 1 small sandwich loaf cuts into 30-40 slices.
2. ¼ pound of butter is needed per loaf.
3. ⅔ pound of moist filling spreads one loaf.
4. 1 doz. hard cooked eggs, chopped, spreads 20 sandwiches.
5. Thinly sliced cold meat yields 15-18 slices per pound.

When at tea you entertain

Bread with jelly, jam or honey

Will both please, and save you money.

DON'TS FOR SAFETY IN THE KITCHEN

DON'T wax floors to a high gloss—it's a set-up for a fall.

DON'T use scatter rugs on polished floor unless they are fastened down.

DON'T leave spilled grease on floor—it is slippery.

DON'T place a pot on the stove with a projecting handle.

DON'T slice meat horizontally without using fork with guard.

DON'T look for a gas leak with a lighted match.

DON'T reach high shelves with chair-box pyramid.

DON'T leave medicine bottles in your kitchen cabinet—tends for confusion and there may be serious results if there are poisons amongst them.

Have emergency phone numbers in a handy place and keep your first-aid cabinet well stocked.

Anyone can cook—Anywhere

Lucille Iremonger, who described herself in a BBC program as "the most useless bride who ever stepped into a kitchen," produced a cookery book that was published in three languages eighteen months after she first began to cook. This remarkable achievement was the odder because her book was for people who had "practically nothing to cook."

Mrs. Iremonger clarified her contradictory statements by explaining that her husband was a district officer on his first tour of duty, which took him to the Ellice Islands in the Pacific. No one but the interpreter could speak English and nobody could cook in the English way so the new bride had to learn to cook and to speak Ellice all at once. Supplies were scarce and she had no fresh beef, milk or butter, no green vegetables, little fruit and inadequate water.

When she had learnt a little about cooking she decided to put down fifty of her laboriously collected recipes in the Ellice language. Her book soon became known by the people of the Ellice and Gilbert Islands and they christened it "Tusi Cuka", coming to her begging her to put in recipes using unambitious materials.

Her simplifying of these went on to such an extent that her list of essential ingredients became smaller and smaller. She had fish, eggs and coconuts and the rare cut of pork seen on great occasions. The only imported goods were those that could be bought in small quantities from the local trader's shops or passing ships—potatoes, rice, onions, flour, sugar, tinned milk and butter, dripping and coffee. And this, bar seasoning, was all.

She pointed out that coconut milk could be substituted for tinned, the local tuber, taro, would do instead of potatoes or rice, molasses from boiled-down coconut could replace sugar, and onions could be abandoned. That left flour as the only really necessary import and, if hard put to it, bananas could be saved up to make banana flour.

From these meagre ingredients it was possible to make many of her fifty recipes, sixteen of fish, egg and meat, eight from vegetables, fourteen puddings and seven cakes. "Tusi Cuka's" glossary explained the simplest cooking terms—toasting, making bread crumbs, seasoning, flavoring, steaming and beating an egg, all of them totally unknown to the Ellice Islanders.

The little book had success with both the Islanders and the white population and when the Americans came to the Pacific after Pearl Harbour "Tusi Cuka" was a natural souvenir to send home. Complimentary letters soon came from women in America who had tried out the recipes from the English section printed at the back of the book but the most treasured were those from museums with Pacific collections.

"Tusi Cuka" is the first book to be published in the Ellice language and it now lies in isolated splendour in the museums' glass cases. "But neither the Ellice Islanders nor I shall ever be able to take it seriously." said Lucille Iremonger.—London Calling.

Courtesy Columbian Magazine Section

Reducing Diet Suitable for Women

THIS DIET MEETS THE REQUIREMENTS OF CANADA'S FOOD RULES

(Approx. 1600 Calories)

TOTAL FOOD FOR ONE DAY

Meat or Substitute—2 servings daily—meat or fish or fowl 2" x 3" x ½" or substitute 1 egg, ½ cup cottage cheese, 2 one inch cubes Canadian cheese.

Milk—1½ pints.

Butter—4 teaspoons.

Bread (whole wheat)—2½ slices ½-inch thick.

Cereal (whole grain)—½ cup.

Milk Pudding—1 serving, ⅓ cup.

Fruit—2 servings, ½ cup each.

Vegetables—3 servings, ½ cup each; plus one small potato.

Egg—3 or 4 weekly.

BREAKFAST

Unsweetened fruit or fruit juice—½ cup. Any one of the following: 1 apple, apple juice, 1 orange, orange juice, grapefruit juice, prunes.

Cereal—½ cup whole grain cereal, e.g. rolled oats, or whole grain combination on market.

Bread—1 slice, ½ inch thickness, or 2 slices ¼" thickness.

Butter—2 teaspoons.

Milk—¾ cup (6 oz.).

At least 3 mornings per week an egg should be substituted for cereal in above breakfast.

LUNCH

Meat or Substitute—1 serving (meat 2" x 3" x ½") (egg may be poached, scrambled, soft or hard cooked).

Vegetables—1 cup (see vegetable list) or 2 servings, ½ cup each. When in season two or more vegetables may be combined to make a salad, ½ cup tomato juice or tomatoes should be used often when green vegetables not in season. Raw vegetables are particularly good sources of minerals and vitamins.

Fruit—½ cup fresh or canned (see fruit list).

Bread—1 slice, ½ inch thickness, or 2 slices ¼ thickness.

Butter—2 teaspoons.

Milk—½ cup (4 oz.).

OR LUNCH BOX

Fruit—⅔ cup fresh or canned (see fruit list).

Milk—½ cup (4 oz.).

Sandwich and vegetable may be interchanged. For example, with tomato and lettuce sandwich 1 hard cooked egg or 1 one-inch cube of cheese may be carried.

AFTERNOON

Milk—¾ cup (6 oz.).

DINNER

Bread—½ slice, ½-inch thickness, or 1 arrowroot biscuit, or two Graham wafers or 1 rye krisp cracker or 1 rusk or 1 bran muffin or 1 serving unsweetened fruit, e.g. 1 apple or 1 orange.
Meat—1 serving 2" x 3" x ½" without gravy. — Liver should be served once weekly.
Vegetable—½ cup (see vegetable list).
Potato—1 small, ½ cup.
Milk Pudding—1 serving, ⅓ cup, custard, junket, rice, sage, tapioca, bread pudding, cornstarch pudding, ice cream or 1 ice cream cone.
Milk—½ cup (4 oz.).

BEFORE RETIRING

Milk—½ cup (4 oz.).
Bread—½ slice, ½-inch thickness, or 1 arrowroot biscuit, or 2 Graham wafers or 1 rye krisp cracker or 1 rusk or 1 bran muffin or 1 serving unsweetened fruit.

VEGETABLE LIST:

Artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, carrots, cauliflower, chard, green peas (not canned), cucumber, endive, egg plant, kale, lettuce, marrow, onions, parsnips, radishes, rhubarb, spinach, string beans, spring onions, tomato, turnip, watercress, squash, mushrooms.

FRUIT LIST:

Apples, apricots, blackberries, cherries, gooseberries, grapefruit, grapes, melons, oranges, peaches, pears, pineapple, plums, lemons, red currants, strauberries, raspberries, blueberries, limes.

MEAT LIST:

Beef, veal, lamb, chicken, liver, heart.

NOTES:

1. A standard measuring cup should be used to measure amounts of food.
2. Clear fat free broth, oxo, bovril, bouillon or consomme add no food value to the diet and may be taken as desired.

DON'TS:

1. Avoid the use of sauces, gravies, salad dressings and cream.
2. No fried foods are allowed. Meat should be cooked without the addition of any **extra** fat, i.e., roasted, boiled or broiled. Avoid canned meats, sausages, weiners, bacon and sardines. All meats should be lean. Trim visible fat from meat.
3. Avoid pie, pastry, cake, cookies, candy, chocolate, candy coated gum and rich desserts. Avoid waffles and griddle cakes.
4. No preserves as jam, marmalade, honey or peanut butter are allowed. NO sugar is allowed.
5. Avoid soft drinks, milk shades, cocoa.

DO:

Consult your doctor before dieting.

HOUSEHOLD HINTS

STAIN REMOVERS

BERRY STAIN

1. Spread the stained part over a bowl and pour boiling water over it from a height of about 2 feet so as to strike the stain with force.
2. Plunge the stained part up and down in hot water until the stain is removed.
3. If stain is persistent, use javelle water.

BLUING

1. Boil the stained material for 20 minutes.
2. Add vinegar if a bleach is necessary.

BLOOD AND MEAT-JUICE

1. Never put into hot water as that sets the stain. Soak at once in cold or lukewarm water, rub with soap and wash.
2. A paste or raw starch mixed with cold water will remove these stains on flannel, blankets, and heavy goods. Repeat until the stain disappears.

CREAM, CHOCOLATE, COCOA

1. Same as egg.
2. If material cannot be washed, use a solvent such as benzine, gasoline naptha gas, or carbon tetrachloride.
3. Place the stained goods over a pad of cloth. Apply the solvent with a clean cloth, preferably the same colour as material stained. Work from the edge of the stain to the center. Change the underpad frequently.

CIGARETTE STAINS

Lemon juice or grapefruit juice is very helpful in removing cigarette stains from the fingers.

EGG STAIN

1. Wash in cold water, then warm water and soap.

GRASS STAINS

1. Wash at once with cold water and soap.
2. For coloured materials sponge with alcohol or ether.

INK

1. Moisten with salt and lemon juice and lay in the bright sunlight. Repeat.
2. Soak fresh stains in sour milk or buttermilk.
3. Potassium permanganate used alternately with oxalic acid will remove obstinate stains. It is a bleach and cannot be used on coloured materials or on silk or wool.
4. Commercial Ink Remover is effective on white cotton and linen materials.

INDELIBLE PENCIL

1. Soak in alcohol and wash with water and soap.

IRON-RUST

1. Use salt, lemon-juice, and sunlight.
2. Salts of lemon is an alternative.

IODINE

1. Soak or sponge with ammonia.

MILDEW

1. If stain is fresh, wash with cold water and soap.
2. If stain is old, bleach with javelle water. Wash in hot water and place in the sun.

PEACH STAIN

Peach stains are not easy to remove and one should be careful not to wipe hands covered with peach-juice on a good napkin, towel or apron.

1. Stretch stain over a bowl of hot water and apply javelle water with a medicine-dropper. Do not allow it to remain in contact with the stain more than a minute. If allowed to remain too long in contact with the fibres, javelle water rots even cotton and linen.
2. Apply oxalic-acid solution to neutralize the alkali and rinse thoroughly in hot water. Several applications with immediate neutralization may be necessary for persistent stains.

PAINT OR VARNISH

1. If fresh, use cold water and soap.
2. If dry, sponge with turpentine.
3. Sponge delicate materials with carbon-tetrachloride.

PERSPIRATION

1. Use water, warm, ammonia and soap.
2. Dry in the sun.

SCORCH

1. If fibre is not injured, wash in soap-suds and hang in the sun.

SPOTS ON VELVET

Rain spots can be removed from velvet by sponging with gasoline; be sure always to rub in the one direction.

WATER SPOTS

Some silks and wools are spotted with water.

1. To remove, dampen the whole garment evenly and press while still damp. Either sponge the material carefully with clean water or shake it in the steam of a kettle until it is damp.

DEODORIZERS

A DEODORIZER

A good deodorizer is a bottle of lemon juice left uncorked in the bath room.

FISH AND ONION ODORS

The odor of fish or onions in the frying pan can easily be removed, by pouring a little vinegar into the pan, heating it to the boiling point, then washing it.

ONION ODOR

When making vegetable soup, onion odor can be avoided on the hands if the onion is prepared first, followed by parsley, tomatoes and celery. Each one of these helps to remove the onion smell, and all three absolutely banish it.

PAINT ODOR

The odor of paint can be destroyed by adding sulphuric acid to a basin of water and leaving it in a room that has been freshly painted.

PAINTING HINTS

Paint basement with inexpensive white coating. Pour cement into skim milk stirring constantly until it is the right consistency to be applied to walls with a brush. This paint will adhere and withstand vigorous scrubbings.

Don't paint radiators with bronze or aluminum paint—these paints are reflectors and will cause 12 to 15 percent heat loss. Paint with good oil paint preferably to match walls and woodwork.

Use paper plate under paint can to catch surplus or as a place to put brush when not in use.

To keep insects from wet paint outside in summer, add 1 or 2 teaspoonsful of either oil or citronella or oil of wintergreen to each gallon of paint, stirring it into paint thoroughly.

CLEANING METAL

Dipping a rubber eraser in emery powder will make it suitable for cleaning rusted or corded metal surfaces quickly.

REMOVING OLD VARNISH

One of the best ways to remove old varnish from furniture that is to be refinished is to put 3 tbsp. of cooking soda in a quart of water and apply generously with a rough cloth. Sandpaper will then remove the varnish very easily.

REMOVING WALL PAPER

Wall paper can be removed easily if one will use a heaping tbsp. full of saltpetre to a gallon of hot water and apply to the paper with a brush. A whitewash brush is best for this purpose. The water should be kept hot, and after a few applications the paper can be easily pulled off.

DISCOLORED ENAMELWARE

If the enamelware has become discolored, it can be cleaned with a paste made of salt and vinegar.

PREVENT MOTHS

If whole cloves are sprinkled in the folds and pockets of the garments that you are storing, the moths will be kept away.

THE WAFFLE IRON

An excellent method of cleaning the waffle iron is to make a thick paste of three tbsp. of baking soda and two tsp. of water. Apply with a thick brush.

HOT FAT

Hot fat will not spatter if a little flour or salt is sprinkled in it before using it for frying.

PREVENT CLOGGING

The drain can be prevented from clogging by placing from three to four tbsp. of soda at the opening of the drain about once a week, and then washing this down the pipe with boiling water.

CLEANING SILVERWARE

To clean silverware, put four quarts of soft water into an aluminum pan, and add one heaping tbsp. of salt and two heaping tbsp. of baking soda. Let come to a boil. Put the silverware into this solution and let stand for a few minutes. Remove, and wash in strong suds. Rinse.

LIQUID GLUE

Vinegar will soften liquid glue that has hardened in the bottle.

A SHAMPOO HINT

Grease the area around the eyes with vaseline or cold cream before the shampoo, and soap will be prevented from entering the eyes.

WASHING PAINTED WALLS

To wash walls that have been painted, put a little household ammonia into warm water and use white soap. Change the water as it becomes dirty.

AUTO UPHOLSTERY

The automobile upholstery can be effectively cleaned by brushing and sponging with warm water and ammonia, and rubbing with a dry cloth.

MEMORANDUM

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